



Greek Olive and Onion Bread

 Vegetarian  Vegan  Dairy Free

READY IN



185 min.

SERVINGS



16

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7 cups bread flour
- 0.3 cup optional: dill fresh chopped
- 2 cups kalamata olives pitted chopped
- 2 tablespoons olive oil extra virgin extra-virgin
- 2 large onion diced red
- 1.5 teaspoons salt
- 1.8 cups water
- 0.5 teaspoon granulated sugar white

- 0.5 ounce yeast

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife

Directions

- Sprinkle the yeast over 1/2 cup of warm water in a small bowl. The water should be no more than 100 degrees F (40 degrees C).
- Let stand for 5 minutes until the yeast softens and begins to form a creamy foam.
- Heat a large skillet over medium heat and add the olive oil and the onions. Cook and stir for 3 minutes, or until onions are soft.
- Remove the onions from heat and reserve.
- Combine the bread flour, salt, sugar, dill, garlic powder, olives, and cooked onions in a large bowl and mix well.
- Add the yeast mixture and the remaining 1 3/4 cup water.
- Mix well until the ingredients have pulled together and have formed a sticky dough. Turn the dough out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.
- Lightly oil a large bowl, then place the dough in the bowl and turn to coat with oil. Cover with a light cloth and let rise in a warm place (80 to 95 degrees F (27 to 35 degrees C)) until doubled in volume, about 1 hour.
- Lightly grease two baking sheets. Deflate the risen dough and turn it out onto a lightly floured surface. Use a knife to divide the dough into two equal pieces—don't tear it. Shape into dough into round loaves, and place the loaves into the prepared pans. Cover the loaves with a damp cloth and let rise until doubled in volume, about 40 minutes.
- Preheat an oven to 450 degrees F (230 degrees C).
- Bake loaves in the preheated oven until the tops are golden brown and the bottoms sound hollow when tapped, about 40 minutes. Cool slightly before slicing.

Nutrition Facts

PROTEIN 11.83% FAT 19.53% CARBS 68.64%

Properties

Glycemic Index:11.19, Glycemic Load:26.07, Inflammation Score:-3, Nutrition Score:6.2804348161849%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 246.54kcal (12.33%), Fat: 5.33g (8.2%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 42.14g (14.05%), Net Carbohydrates: 39.78g (14.47%), Sugar: 0.97g (1.08%), Cholesterol: 0mg (0%), Sodium: 485.14mg (21.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.52%), Selenium: 22µg (31.43%), Manganese: 0.46mg (23.17%), Folate: 43µg (10.75%), Vitamin B1: 0.15mg (10.1%), Fiber: 2.36g (9.43%), Vitamin E: 1.12mg (7.44%), Copper: 0.13mg (6.72%), Phosphorus: 63.84mg (6.38%), Vitamin B3: 0.97mg (4.85%), Magnesium: 18.05mg (4.51%), Vitamin B2: 0.08mg (4.43%), Vitamin B5: 0.38mg (3.83%), Zinc: 0.58mg (3.83%), Iron: 0.68mg (3.79%), Vitamin B6: 0.06mg (2.83%), Potassium: 95.8mg (2.74%), Vitamin A: 124.37IU (2.49%), Calcium: 22.86mg (2.29%), Vitamin C: 1.64mg (1.99%), Vitamin K: 1.51µg (1.44%)