

Hard Do Bread

 Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



272 kcal

BREAD

Ingredients

- 0.3 ounce active yeast dry
- 2.8 cups flour all-purpose
- 1 tablespoon butter melted
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil
- 0.8 cup warm water (110 degrees F/45 degrees C)
- 3 tablespoons sugar white

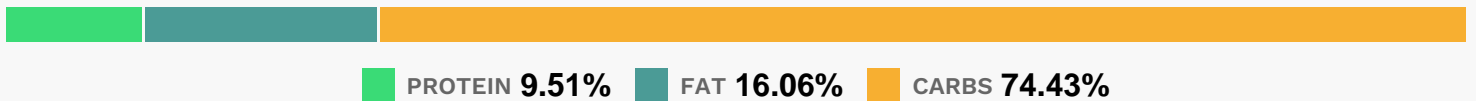
Equipment

- bowl
- frying pan
- oven
- loaf pan

Directions

- In a small bowl, dissolve yeast and sugar in warm water.
- Let stand until creamy, about 10 minutes.
- In a large bowl, combine the yeast mixture with the oil, margarine, salt and 1 1/2 cups flour; stir well to combine.
- Mix in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- Deflate the dough and turn it out onto a lightly floured surface and form into a loaf.
- Place the loaf into a lightly greased 9x5 inch loaf pan. Cover with a damp cloth and let rise for 15 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- Bake in preheated oven for about 30 minutes or until the top is golden brown and the bottom of the loaf sounds hollow when tapped. Cool in pan 5 minutes and then turn out onto rack and cool completely.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:35.82, Inflammation Score:-4, Nutrition Score:9.4073913433468%

Nutrients (% of daily need)

Calories: 272.29kcal (13.61%), Fat: 4.82g (7.41%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 50.2g (16.73%), Net Carbohydrates: 48.34g (17.58%), Sugar: 6.14g (6.83%), Cholesterol: 0mg (0%), Sodium: 219.08mg (9.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.83%), Vitamin B1: 0.58mg (38.66%), Folate: 132.51µg (33.13%), Selenium: 19.55µg (27.93%), Manganese: 0.4mg (19.76%), Vitamin B2: 0.33mg (19.55%), Vitamin B3: 3.86mg

(19.29%), Iron: 2.69mg (14.94%), Fiber: 1.86g (7.46%), Phosphorus: 69.94mg (6.99%), Copper: 0.09mg (4.65%), Vitamin K: 4.34µg (4.14%), Vitamin B5: 0.41mg (4.12%), Magnesium: 13.61mg (3.4%), Zinc: 0.5mg (3.33%), Vitamin B6: 0.04mg (2.16%), Potassium: 73.72mg (2.11%), Vitamin E: 0.29mg (1.95%), Vitamin A: 83.46IU (1.67%), Calcium: 10.72mg (1.07%)