



## Hearth-Baked Centennial Sourdough



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 package active yeast dry
- ☐ 3 cups bread flour
- ☐ 0.5 cup rye flour
- ☐ 1 teaspoon salt
- ☐ 1 cup starter
- ☐ 1 tablespoon sugar
- ☐ 1 cup water

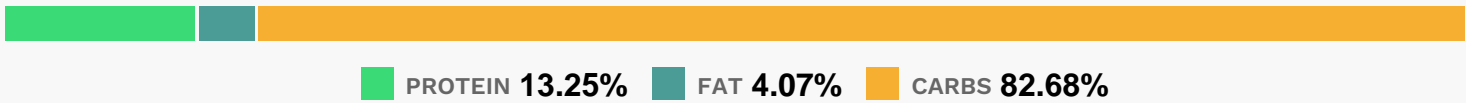
### Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ spatula
- ☐ bread machine

## Directions

- ☐ Add ingredients to bread machine pan according to manufacturer's directions.
- ☐ Select dough cycle.
- ☐ Scrape dough onto a board coated generously with bread flour. Taking care not to puncture or tear dough surface (interior is sticky), pat dough gently with floured hands to form a round loaf about 8 inches wide; do not knead.
- ☐ Sprinkle 2 tablespoons bread flour over dough.
- ☐ Slide a pastry scraper or wide spatula under loaf to loosen, then lift quickly and carefully onto a buttered 14- by 17-inch baking sheet. Pat to reshape loaf, if necessary.
- ☐ Lightly cover loaf with plastic wrap and let stand until puffy, about 30 minutes.
- ☐ Remove plastic.
- ☐ With a floured razor blade or very sharp knife, cut 2 to 3 slashes about 1/2 inch deep across top of loaf.
- ☐ Bake in a 425 oven until richly browned, 25 to 30 minutes.
- ☐ Transfer loaf to a rack to cool at least 15 minutes before slicing.
- ☐ Serve hot, warm, or cool.
- ☐ To make a 2-pound loaf, use 1 1/3 cups water, 1 1/3 cups sourdough starter, 4 cups bread flour, 2/3 cup rye flour, 4 teaspoons sugar, 1 teaspoon salt, and 1 package active dry yeast.

## Nutrition Facts



## Properties

Glycemic Index:3.81, Glycemic Load:5.13, Inflammation Score:-1, Nutrition Score:1.2321738905233%

Nutrients (% of daily need)

Calories: 50.78kcal (2.54%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 9.84g (3.58%), Sugar: 0.38g (0.42%), Cholesterol: 0mg (0%), Sodium: 65.36mg (2.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Selenium: 4.36µg (6.22%), Manganese: 0.12mg (5.87%), Vitamin B1: 0.03mg (2.25%), Folate: 8.47µg (2.12%), Fiber: 0.52g (2.07%), Phosphorus: 14.53mg (1.45%), Copper: 0.03mg (1.28%), Vitamin B3: 0.21mg (1.03%)