



## Herb Butter Bread

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



152 kcal

### Ingredients

- 2 packages active yeast dry
- 0.3 cup bread flour divided
- 6 cups bread flour divided
- 0.8 cup butter divided softened
- 1 eggs lightly beaten
- 2 cloves garlic halved
- 2 green onions cut into 2-inch pieces
- 1 cup tightly parsley fresh packed
- 0.3 teaspoon pepper freshly ground

- 2.5 teaspoons salt divided
- 2 tablespoons sugar
- 1 teaspoon water
- 2 cups milk whole

## Equipment

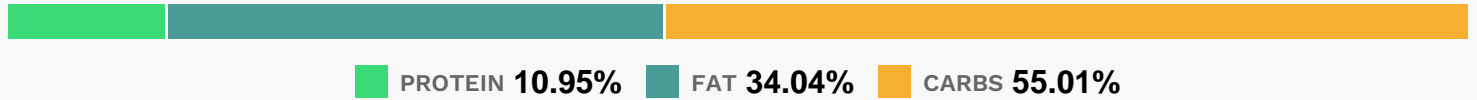
- food processor
- bowl
- baking sheet
- sauce pan
- oven
- knife
- hand mixer

## Directions

- Combine 2 cups flour, sugar, 2 teaspoons salt, and yeast; stir.
- Combine milk and 1/4 cup butter in a saucepan; heat until butter melts, stirring occasionally. Cool to 120 to 130.
- Add liquid mixture to flour mixture, beating at low speed of an electric mixer. Beat 2 minutes at medium speed. Stir in enough of the remaining 4 cups flour to make a soft dough.
- Sprinkle 1/4 cup flour over work surface. Turn dough out; knead until smooth and elastic (about 10 minutes).
- Place in a greased bowl, turning to grease top. Cover and let rise in a warm place (85°), free from drafts, 45 minutes or until doubled.
- Position knife blade in food processor bowl, and add parsley, onions, and garlic. Process 20 seconds.
- Add remaining 1/2 cup butter, remaining 1/2 teaspoon salt, and pepper; process 15 seconds.
- Punch dough down; divide in half.
- Sprinkle 1 tablespoon flour over work surface.
- Roll 1 portion into a 16- x 10-inch rectangle.

- Spread half of parsley mixture over dough, leaving a 1-inch border.
- Roll up dough, starting at long side. Pinch seam and ends to seal. Repeat procedure.
- Place loaves, seam side down, on a greased baking sheet. Make 1/4-inch-deep slits in each loaf. Cover and let rise in a warm place, free from drafts, 20 minutes or until doubled.
- Combine egg and water; brush over loaves.
- Bake at 375 for 30 minutes or until loaves sound hollow when tapped.

## Nutrition Facts



## Properties

Glycemic Index:13.94, Glycemic Load:13.14, Inflammation Score:-3, Nutrition Score:5.3169564319694%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 152.47kcal (7.62%), Fat: 5.75g (8.85%), Saturated Fat: 3.34g (20.86%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 20.07g (7.3%), Sugar: 1.71g (1.9%), Cholesterol: 19.61mg (6.54%), Sodium: 240.6mg (10.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Vitamin K: 35.02µg (33.35%), Selenium: 11.23µg (16.05%), Manganese: 0.22mg (10.96%), Vitamin A: 353.18IU (7.06%), Folate: 23.93µg (5.98%), Vitamin B1: 0.08mg (5.65%), Phosphorus: 50.72mg (5.07%), Vitamin B2: 0.07mg (4.02%), Vitamin C: 2.87mg (3.48%), Fiber: 0.85g (3.38%), Calcium: 30.14mg (3.01%), Copper: 0.06mg (2.77%), Vitamin B5: 0.28mg (2.76%), Magnesium: 10.25mg (2.56%), Zinc: 0.38mg (2.51%), Vitamin B3: 0.5mg (2.5%), Iron: 0.41mg (2.3%), Potassium: 72.65mg (2.08%), Vitamin E: 0.28mg (1.86%), Vitamin B12: 0.11µg (1.85%), Vitamin B6: 0.03mg (1.7%), Vitamin D: 0.21µg (1.39%)