

Home-Style Yeast Bread

 Vegetarian

READY IN



55 min.

SERVINGS



32

CALORIES



127 kcal

Ingredients

- 0.5 ounce yeast dry
- 6 cups bread flour
- 0.5 cup butter melted
- 2 eggs
- 1.5 teaspoons salt
- 0.5 cup sugar
- 2 cups water (110° to 115°)

Equipment

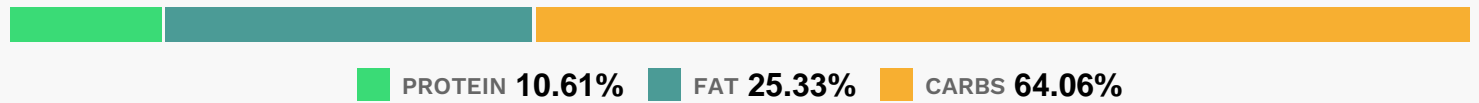
- bowl

- oven
- loaf pan

Directions

- In a large bowl, dissolve yeast in warm water.
- Add the sugar, butter, salt, eggs and 4 cups flour. Beat until smooth. Stir in enough remaining flour to form a firm dough.
- Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down; turn onto a floured surface. Divide in half. Shape into loaves and place in two greased 9-in. x 5-in. loaf pans. Cover and let rise until doubled, about 45 minutes.
- Bake at 350° for 30–35 minutes or until golden brown.
- Remove from pans to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:5.85, Glycemic Load:13.2, Inflammation Score:-1, Nutrition Score:2.6513043356978%

Nutrients (% of daily need)

Calories: 127.44kcal (6.37%), Fat: 3.57g (5.49%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 19.63g (7.14%), Sugar: 3.2g (3.56%), Cholesterol: 17.86mg (5.95%), Sodium: 137.18mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.73%), Selenium: 10.24µg (14.63%), Manganese: 0.19mg (9.41%), Folate: 19.5µg (4.87%), Vitamin B1: 0.07mg (4.58%), Phosphorus: 31.85mg (3.19%), Fiber: 0.68g (2.73%), Vitamin B2: 0.05mg (2.71%), Copper: 0.05mg (2.46%), Vitamin B5: 0.21mg (2.09%), Vitamin B3: 0.42mg (2.08%), Vitamin A: 103.96IU (2.08%), Zinc: 0.28mg (1.83%), Magnesium: 6.65mg (1.66%), Iron: 0.27mg (1.51%), Vitamin E: 0.2mg (1.37%)