



Homemade White Bread

READY IN



45 min.

SERVINGS



16

CALORIES



161 kcal

BREAD

Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 4.8 cups flour all-purpose divided
- ☐ 1.7 cups skim milk fat-free (100° to 110°)
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons stick margarine melted
- ☐ 1 tablespoon sugar

Equipment

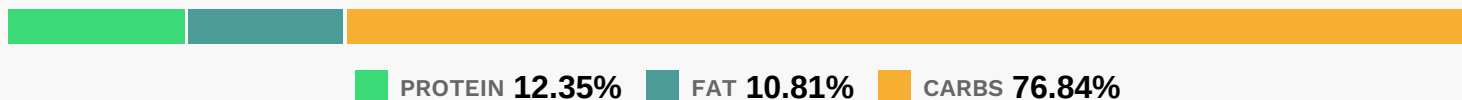
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Dissolve yeast and sugar in warm milk in a large bowl; let stand 5 minutes. Stir in butter. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 4 1/4 cups flour and salt to yeast mixture; stir until blended. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. Punch dough down; let rest 5 minutes.
- ☐ Roll into a 14 x 7-inch rectangle on a floured surface.
- ☐ Roll up rectangle tightly, starting with a short edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- ☐ Place roll, seam side down, in a 9 x 5-inch loaf pan coated with cooking spray. Cover and let rise 1 hour or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Uncover dough.
- ☐ Bake at 350 for 45 minutes or until loaf is browned on the bottom and sounds hollow when tapped.
- ☐ Remove loaf from pan, and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:11.15, Glycemic Load:21.43, Inflammation Score:-4, Nutrition Score:6.48391306376%

Nutrients (% of daily need)

Calories: 161.35kcal (8.07%), Fat: 1.91g (2.93%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 30.51g (10.17%), Net Carbohydrates: 29.39g (10.69%), Sugar: 2.14g (2.37%), Cholesterol: 0.77mg (0.26%), Sodium: 246.88mg (10.73%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.9g (9.8%), Vitamin B1: 0.35mg (23.59%), Folate: 78.68µg (19.67%), Selenium: 13.13µg (18.76%), Vitamin B2: 0.24mg (13.83%), Manganese: 0.26mg (12.79%), Vitamin B3: 2.4mg (11.99%), Iron: 1.73mg (9.63%), Phosphorus: 70.6mg (7.06%), Fiber: 1.12g (4.48%), Calcium: 40.08mg (4.01%), Vitamin B5: 0.31mg (3.14%), Magnesium: 11.52mg (2.88%), Copper: 0.06mg (2.8%), Zinc: 0.41mg (2.73%), Potassium: 87.34mg (2.5%), Vitamin B12: 0.15µg (2.5%), Vitamin A: 118.18IU (2.36%), Vitamin B6: 0.04mg (1.89%), Vitamin D: 0.28µg (1.87%)