



HEALTH SCORE

54%

Mama D's Italian Bread



Vegetarian



Vegan



Dairy Free

READY IN



170 min.

SERVINGS



3

CALORIES



1071 kcal

BREAD

Ingredients



1 tablespoon active yeast dry



7 cups flour all-purpose



1 tablespoon salt



3 cups warm water (110 degrees F/45 degrees C)



1 teaspoon sugar white

Equipment



bowl



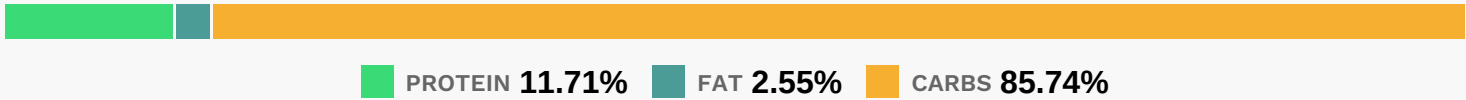
baking sheet

☐ oven

Directions

- ☐ Add the sugar and yeast to the warm water and let proof.
- ☐ Stir in 4 cups of flour and beat until smooth. Cover and let rest for 15 minutes.
- ☐ Beat in the salt and then add enough remaining flour to make a stiff dough. Knead until as soft and smooth as a bambino's behind. Turn in a greased bowl, cover, and let double in size. (I put it in the oven with the light on – perfect rising temperature.)
- ☐ Once doubled, punch down and divide into three.
- ☐ Place back in the bowl, cover, and let rise.
- ☐ Once doubled again, punch down and form into three fat "footballs." Grease heavy cookie sheets and sprinkle with corn meal.
- ☐ Place the bread on the sheets, cover with a towel, and let rise.
- ☐ Once risen, mist with water and place in a preheated 450 degrees F (230 degrees C) oven. Mist loaves with water and turn occasionally while they bake. Bread is done when golden brown and sounds hollow when tapped on the bottom.

Nutrition Facts



Properties

Glycemic Index:48.36, Glycemic Load:161.95, Inflammation Score:-9, Nutrition Score:35.243913140796%

Nutrients (% of daily need)

Calories: 1071.13kcal (53.56%), Fat: 2.96g (4.56%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 224.45g (74.82%), Net Carbohydrates: 216.21g (78.62%), Sugar: 2.12g (2.35%), Cholesterol: 0mg (0%), Sodium: 2343.84mg (101.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.67g (61.34%), Vitamin B1: 2.44mg (162.42%), Selenium: 98.99µg (141.42%), Folate: 564.95µg (141.24%), Manganese: 2mg (99.97%), Vitamin B3: 17.76mg (88.78%), Vitamin B2: 1.49mg (87.91%), Iron: 13.58mg (75.46%), Fiber: 8.23g (32.93%), Phosphorus: 323.49mg (32.35%), Copper: 0.47mg (23.28%), Magnesium: 67.31mg (16.83%), Vitamin B5: 1.46mg (14.57%), Zinc: 2.18mg (14.52%), Potassium: 325.32mg (9.29%), Vitamin B6: 0.15mg (7.42%), Calcium: 52.7mg (5.27%), Vitamin E: 0.17mg (1.17%)