



HEALTH SCORE

54%

## Mama D's Italian Bread



Vegetarian



Vegan



Dairy Free



Popular

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



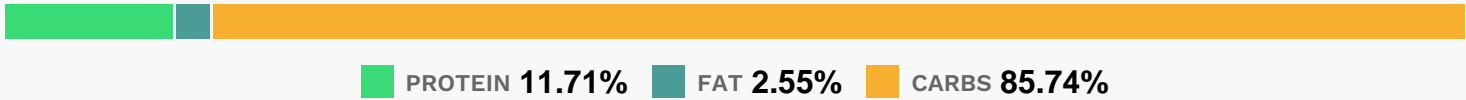
baking sheet

☐ 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%)