



Maple Bacon Bread

 Dairy Free

READY IN



160 min.

SERVINGS



8

CALORIES



369 kcal

Ingredients

- ☐ 2 tablespoons add carrot and onion to bacon fat . cook
- ☐ 14.1 ounces bread flour
- ☐ 0.5 pound bacon crumbled crisp cooked
- ☐ 2.3 teaspoons yeast instant
- ☐ 1 teaspoon maple extract
- ☐ 2 tablespoons maple syrup
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups water lukewarm

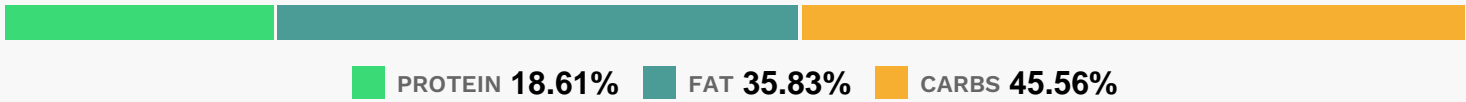
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ stand mixer

Directions

- ☐ When you cook the bacon, make sure you reserve 2 tablespoons of the fat for the bread. I suggest cooking it so that it's super-crisp and crumbly.
- ☐ Put the water, yeast, maple syrup, and bread flour in the bowl of your stand mixer fitted with the bread hook. Knead until the dough becomes smooth and elastic.
- ☐ Add the salt, maple extract (if using) crumbled bacon, and bacon fat. Continue kneading until all the ingredients are well integrated. Cover the bowl with plastic wrap and set aside until the dough has doubled in size, about an hour.
- ☐ Preheat the oven to 350 degrees, line a baking sheet with parchment or sprinkle with cornmeal, and flour your work surface. Turn out the dough and press it gently to degas. Form it into a tight ball, sealing the seam at the bottom.
- ☐ Place the dough, seam-side down, on the prepared baking sheet. Cover with plastic wrap and set aside until doubled, about 40 minutes.
- ☐ Remove the plastic wrap, slash the loaf as desired, and bake at 350 degrees until nicely browned, about 35 minutes. Move the bread to a rack to cool completely before slicing.

Nutrition Facts



Properties

Glycemic Index:12.94, Glycemic Load:24.75, Inflammation Score:-3, Nutrition Score:11.860434807918%

Nutrients (% of daily need)

Calories: 369.24kcal (18.46%), Fat: 14.52g (22.34%), Saturated Fat: 4.92g (30.77%), Carbohydrates: 41.55g (13.85%), Net Carbohydrates: 39.44g (14.34%), Sugar: 3.15g (3.5%), Cholesterol: 31.39mg (10.46%), Sodium: 559.21mg (24.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.97g (33.94%), Selenium: 34.51µg (49.3%), Vitamin B1: 0.57mg (38.22%), Manganese: 0.53mg (26.42%), Vitamin B3: 4.84mg (24.19%), Folate: 95.49µg (23.87%),

Phosphorus: 180.05mg (18%), Vitamin B2: 0.29mg (17.31%), Vitamin B6: 0.22mg (11.04%), Zinc: 1.6mg (10.69%),
Vitamin B5: 0.99mg (9.92%), Fiber: 2.11g (8.44%), Copper: 0.14mg (7.08%), Potassium: 235.01mg (6.71%),
Magnesium: 24.55mg (6.14%), Vitamin B12: 0.31µg (5.19%), Iron: 0.8mg (4.44%), Vitamin E: 0.34mg (2.27%),
Calcium: 18.24mg (1.82%), Vitamin D: 0.2µg (1.34%)