

Olive Bread

 Vegetarian  Vegan  Dairy Free

READY IN



200 min.

SERVINGS



16

CALORIES



242 kcal

Ingredients

- 2 tablespoons yeast dry
- 7.5 cups bread flour
- 2 tablespoons rosemary leaves fresh chopped
- 1 cup kalamata olives pitted chopped
- 1 teaspoon blackstrap molasses
- 2 tablespoons olive oil
- 1 tablespoon salt
- 2.5 cups water (110 degrees F/45 degrees C)

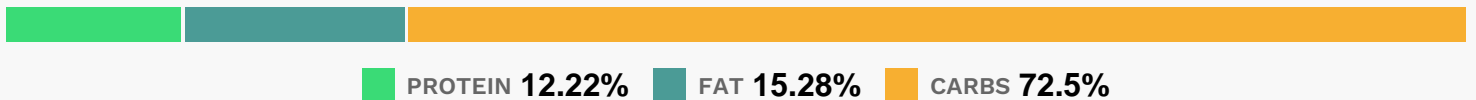
Equipment

- bowl
- baking sheet
- oven
- mixing bowl

Directions

- Place water, yeast, and molasses in a mixing bowl; stir to mix.
- Let stand for a few minutes until mixture is creamy and foamy.
- Add olive oil and salt; mix.
- Add flour, about a cup at a time, until dough is too stiff to stir.
- Add olives and fresh herbs.
- Turn dough out onto a lightly floured board. Knead, adding flour as needed to keep from being sticky, until smooth and elastic.
- Place in well oiled bowl, and turn to coat the dough surface with oil. Allow to rise until doubled in bulk, about an hour or so.
- Punch the dough down, split into two pieces, and form into two round loaves.
- Place on greased baking sheet . Spray with cold water and sprinkle with sesame seeds if desired.
- Let loaves rise for 25 to 30 minutes.
- Bake at 400 degrees F (205 degrees C) for about 45 minutes, or until they are brown and sound hollow when tapped on the bottom.

Nutrition Facts



Properties

Glycemic Index:6.94, Glycemic Load:27.68, Inflammation Score:-2, Nutrition Score:5.5391304085598%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 242.45kcal (12.12%), Fat: 4.07g (6.26%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 43.41g (14.47%), Net Carbohydrates: 41.55g (15.11%), Sugar: 0.55g (0.62%), Cholesterol: 0mg (0%), Sodium: 571.19mg (24.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.63%), Selenium: 23.46µg (33.51%), Manganese: 0.48mg (23.79%), Folate: 31.56µg (7.89%), Fiber: 1.85g (7.42%), Vitamin B1: 0.1mg (6.93%), Copper: 0.13mg (6.4%), Phosphorus: 60.66mg (6.07%), Vitamin E: 0.81mg (5.39%), Magnesium: 17.51mg (4.38%), Vitamin B3: 0.81mg (4.07%), Zinc: 0.55mg (3.66%), Iron: 0.63mg (3.5%), Vitamin B5: 0.33mg (3.32%), Vitamin B2: 0.06mg (3.3%), Potassium: 75.08mg (2.15%), Vitamin B6: 0.04mg (1.78%), Calcium: 16.41mg (1.64%), Vitamin K: 1.35µg (1.29%)