



Olive Oil Bread



Vegetarian



Vegan



Dairy Free

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READY IN

ready

75 min.

SERVINGS

servings

8

CALORIES

calories

209 kcal

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BREAD

Ingredients



2.3 teaspoons active yeast dry



2.5 cups flour all-purpose



4 tablespoons olive oil



1 teaspoon salt



0.5 cup warm water 110 degrees F/45 degrees C



1 teaspoon sugar white

Equipment



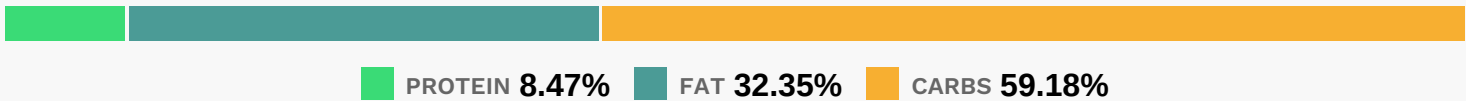
bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl mix together the warm water (110 degrees), yeast, sugar, salt, and olive oil. Stir in 2 cups of the flour in order to make a soft ball. Knead in additional flour so that dough is soft and not sticky.
- ☐ Place kneaded dough in a medium size greased bowl. Cover and let rise until doubled in size.
- ☐ Punch down dough, and form into ball or loaf shape.
- ☐ Place onto a greased cookie sheet. Cover and let rise for 15 to 20 minutes. Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Bake in the preheated oven for 30 to 40 minutes, until golden brown.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:21.91, Inflammation Score:-4, Nutrition Score:6.7269565726266%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 208.84kcal (10.44%), Fat: 7.45g (11.46%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 30.67g (10.22%), Net Carbohydrates: 29.38g (10.68%), Sugar: 0.6g (0.67%), Cholesterol: 0mg (0%), Sodium: 292.8mg (12.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Vitamin B1: 0.4mg (26.86%), Folate: 91.96µg (22.99%), Selenium: 13.32µg (19.02%), Manganese: 0.27mg (13.5%), Vitamin B2: 0.23mg (13.42%), Vitamin B3: 2.66mg (13.29%), Iron: 1.87mg (10.41%), Vitamin E: 1.03mg (6.88%), Fiber: 1.29g (5.16%), Phosphorus: 47.76mg (4.78%), Vitamin K: 4.33µg (4.13%), Copper: 0.06mg (3.13%), Vitamin B5: 0.29mg (2.89%), Magnesium: 9.22mg (2.31%), Zinc: 0.35mg (2.3%), Vitamin B6: 0.03mg (1.52%), Potassium: 50.29mg (1.44%)