

Onion Bread I

READY IN



45 min.

SERVINGS



60

CALORIES



62 kcal

BREAD

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 1 ounce onion soup mix dry
- ☐ 6.3 cups flour all-purpose
- ☐ 3 tablespoons butter
- ☐ 2 cups milk
- ☐ 2.5 teaspoons salt
- ☐ 0.8 cup warm water
- ☐ 3 tablespoons sugar white

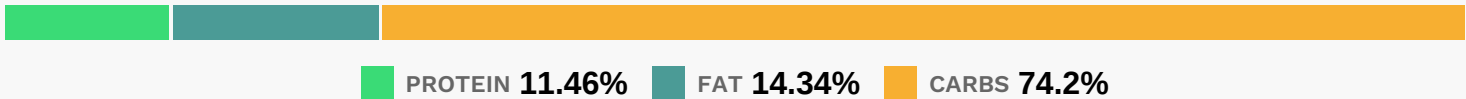
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Warm the milk in a small saucepan until it bubbles, then remove from heat.
- ☐ Let cool until lukewarm. In a large bowl, stir together yeast, warm water, and 1 teaspoon sugar. Set aside to proof.
- ☐ Add milk, 2 2/3 tablespoons sugar, salt, butter or margarine, flour, and soup mix to the yeast in the bowl.
- ☐ Combine until dough forms, and then turn out on a lightly floured surface. Knead until dough is elastic. Oil a large bowl.
- ☐ Place the dough in the bowl, and turn several times to coat. Cover the bowl with a damp cloth, and set aside in a warm place to rise for 30 minutes.
- ☐ Divide dough in half. Shape into loaves, and place into two greased 8 1/2 x 4 1/2 inch bread pans. Set aside to rise for 30 minutes.
- ☐ Bake at 375 degrees F (190 degrees C) for 40 minutes. Loaf will sound hollow when done.

Nutrition Facts



Properties

Glycemic Index:3.05, Glycemic Load:7.75, Inflammation Score:-1, Nutrition Score:2.3769565151761%

Nutrients (% of daily need)

Calories: 61.77kcal (3.09%), Fat: 0.97g (1.5%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 10.88g (3.96%), Sugar: 1.05g (1.16%), Cholesterol: 0.98mg (0.33%), Sodium: 145.07mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin B1: 0.13mg (8.94%), Folate: 29.36µg (7.34%), Selenium: 4.61µg (6.59%), Vitamin B2: 0.09mg (5.1%), Manganese: 0.09mg (4.66%), Vitamin B3: 0.88mg (4.4%), Iron: 0.62mg (3.42%), Phosphorus: 24.94mg (2.49%), Fiber: 0.45g (1.79%), Calcium: 13.07mg (1.31%), Vitamin B5: 0.12mg (1.24%), Copper: 0.02mg (1.11%), Magnesium: 4.3mg (1.08%)