

Onion Bread II

READY IN



170 min.

SERVINGS



6

CALORIES



358 kcal

Ingredients

- 0.3 ounce active yeast dry
- 3.5 cups bread flour
- 2 tablespoons butter melted
- 0.5 onion
- 1 tablespoon onions minced
- 0.5 teaspoon oregano dried
- 2 teaspoons salt
- 2 tablespoons shortening
- 1.5 cups warm water (110 degrees F/45 degrees C)
- 2 tablespoons sugar white

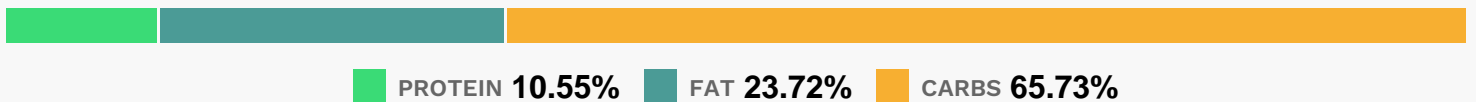
Equipment

- frying pan
- oven
- mixing bowl
- wire rack
- loaf pan

Directions

- In a large mixing bowl, dissolve yeast and sugar in warm water.
- Let stand until creamy, about 10 minutes.
- Stir salt, shortening, minced onions, oregano and 2 cups bread flour into yeast mixture. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- Stir dough to deflate and place it into a lightly greased 9x5 inch loaf pan. Cover with a damp cloth and let rise until the top of the dough is within 1/2 inch of the top of the pan, about 40 minutes. Meanwhile, preheat oven to 375 degrees F (190 degrees C).
- After loaf has risen, arrange onion slices on top of the loaf.
- Pour melted butter over the slices and bake in preheated oven for 35 to 40 minutes, or until golden brown.
- Remove from pan to cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:37.28, Inflammation Score:-4, Nutrition Score:7.6208696015503%

Flavonoids

Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 358.42kcal (17.92%), Fat: 9.38g (14.43%), Saturated Fat: 3.66g (22.89%), Carbohydrates: 58.49g (19.5%), Net Carbohydrates: 56.16g (20.42%), Sugar: 4.69g (5.21%), Cholesterol: 10.03mg (3.34%), Sodium: 810.87mg (35.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.77%), Selenium: 29.18µg (41.68%), Manganese: 0.61mg (30.28%), Folate: 54.3µg (13.57%), Vitamin B1: 0.19mg (12.98%), Fiber: 2.32g (9.29%), Phosphorus: 82.76mg (8.28%), Copper: 0.15mg (7.67%), Vitamin B3: 1.23mg (6.13%), Vitamin B2: 0.1mg (5.71%), Vitamin B5: 0.53mg (5.28%), Magnesium: 21.11mg (5.28%), Zinc: 0.75mg (4.99%), Vitamin E: 0.69mg (4.63%), Iron: 0.78mg (4.32%), Vitamin K: 3.9µg (3.71%), Vitamin B6: 0.06mg (2.98%), Potassium: 103.47mg (2.96%), Vitamin A: 121.13IU (2.42%), Calcium: 19.9mg (1.99%)