



Pam's Country Crust Bread

 Vegetarian

READY IN



230 min.

SERVINGS



3

CALORIES



1346 kcal

Ingredients

- ☐ 0.5 oz yeast dry
- ☐ 6 cups bread flour
- ☐ 1.5 tablespoons butter melted
- ☐ 2 large eggs
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon salt
- ☐ 0.5 cup sugar
- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon vegetable oil

- ☐ 2 cups water (105° to 115°)

Equipment

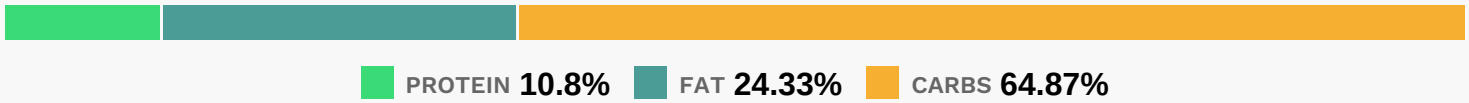
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ stand mixer

Directions

- ☐ Combine yeast, warm water, and 2 tsp. sugar in bowl of a heavy-duty electric stand mixer; let stand 5 minutes. Stir in eggs, next 3 ingredients, 3 cups flour, and remaining sugar. Beat dough at medium speed, using paddle attachment, until smooth. Gradually beat in remaining 3 to 3 1/2 cups flour until a soft dough forms.
- ☐ Turn dough out onto a well-floured surface, and knead until smooth and elastic (about 8 to 10 minutes), sprinkling surface with flour as needed.
- ☐ Place dough in a lightly greased large bowl, turning to grease top. Cover and let rise in a warm place (85), free from drafts, about 1 hour or until doubled in bulk.
- ☐ Punch dough down; turn out onto a lightly floured surface. Divide dough in half.
- ☐ Roll each dough half into an 18- x 9-inch rectangle. Starting at 1 short end, tightly roll up each rectangle, jelly-roll fashion, pressing to seal edges as you roll. Pinch ends of dough to seal, and tuck ends under dough.
- ☐ Place each dough roll, seam side down, in a lightly greased 9- x 5-inch loaf pan.
- ☐ Brush tops with oil. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Preheat oven to 37
- ☐ Bake 25 to 30 minutes or until loaves are deep golden brown and sound hollow when tapped.
- ☐ Remove from pans to a wire rack, and brush loaves with melted butter.
- ☐ Let cool completely (about 1 hour).
- ☐ Try These Twists!
- ☐ Country Crust Wheat Bread: Substitute 3 cups wheat flour for 3 cups bread flour.

Sprinkle 1 cup (4 oz.) freshly shredded sharp Cheddar cheese onto each dough rectangle before rolling up.

Nutrition Facts



Properties

Glycemic Index:62.36, Glycemic Load:140.74, Inflammation Score:-6, Nutrition Score:27.388260810272%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1345.81kcal (67.29%), Fat: 36.18g (55.65%), Saturated Fat: 8.76g (54.77%), Carbohydrates: 217.06g (72.35%), Net Carbohydrates: 209.77g (76.28%), Sugar: 34.3g (38.11%), Cholesterol: 139.05mg (46.35%), Sodium: 2433.5mg (105.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.14g (72.27%), Selenium: 110.14µg (157.34%), Manganese: 2.01mg (100.6%), Folate: 209.94µg (52.48%), Vitamin B1: 0.73mg (48.97%), Vitamin K: 43.1µg (41.05%), Phosphorus: 340.68mg (34.07%), Vitamin B2: 0.5mg (29.46%), Fiber: 7.29g (29.14%), Copper: 0.53mg (26.49%), Vitamin B5: 2.26mg (22.58%), Vitamin E: 3.38mg (22.51%), Vitamin B3: 4.43mg (22.16%), Zinc: 2.96mg (19.76%), Magnesium: 71.13mg (17.78%), Iron: 2.98mg (16.57%), Vitamin B6: 0.22mg (11.13%), Potassium: 349.1mg (9.97%), Vitamin A: 360.23IU (7.2%), Calcium: 66.07mg (6.61%), Vitamin B12: 0.31µg (5.2%), Vitamin D: 0.67µg (4.44%), Vitamin C: 1.95mg (2.36%)