

Peasant Bread

 Dairy Free

READY IN



180 min.

SERVINGS



36

CALORIES



57 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 1 tablespoon butter melted
- 4 cups flour all-purpose
- 1 tablespoon poppy seeds
- 2 teaspoons salt
- 1 tablespoon sugar
- 2 cups water divided (110 degrees to 115 degrees)

Equipment

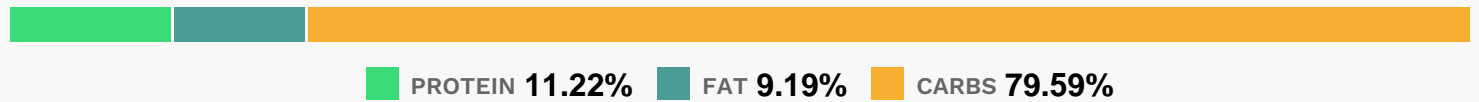
bowl

oven

Directions

- Dissolve yeast in 1 cup warm water. In a large bowl, combine flour, salt and sugar.
- Add the yeast mixture and remaining water; stir until combined. Cover and let rise in a warm place until doubled, about 1 hour. Stir dough down. Divide in half.
- Place each half in a greased 1-qt. round casserole or ovenproof bowl.
- Brush tops with butter and sprinkle with poppy seeds.
- Let rise in a warm place until doubled, about 45 minutes.
- Bake at 350 degrees F for 45 minutes.
- Remove from pans; serve warm if desired.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:7.9, Inflammation Score:-1, Nutrition Score:2.2495652204784%

Nutrients (% of daily need)

Calories: 56.59kcal (2.83%), Fat: 0.57g (0.88%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 10.61g (3.86%), Sugar: 0.38g (0.42%), Cholesterol: 0mg (0%), Sodium: 133.96mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Vitamin B1: 0.13mg (8.86%), Folate: 30.23µg (7.56%), Selenium: 4.76µg (6.8%), Manganese: 0.11mg (5.62%), Vitamin B2: 0.08mg (4.53%), Vitamin B3: 0.9mg (4.51%), Iron: 0.67mg (3.75%), Fiber: 0.48g (1.91%), Phosphorus: 18.52mg (1.85%), Copper: 0.03mg (1.36%), Magnesium: 4.18mg (1.04%)