

## Rich White Bread

 Vegetarian

READY IN



85 min.

SERVINGS



4

CALORIES



461 kcal

BREAD

### Ingredients

- 3 tablespoons butter
- 1 eggs
- 3 cups flour all-purpose
- 0.3 teaspoon salt
- 0.8 cup warm water (110 degrees F/45 degrees C)
- 2 tablespoons sugar white
- 0.3 ounce rapid rise yeast

### Equipment

- food processor
- bowl
- oven
- loaf pan

## Directions

- Insert metal blade in food processor bowl.
- Add flour, sugar, yeast, and salt; process 10 seconds to combine.
- Place butter and egg in food processor. Begin processing, then slowly pour warm water through feed tube just until dough forms a ball, about 10 to 15 seconds. Continue processing for 60 seconds to knead dough. Carefully remove dough from processor bowl and place on a lightly floured surface. Cover and let rest for 10 minutes.
- Form dough into a loaf and place in a lightly greased 8x4 inch loaf pan. Cover and let rise until doubled, about 45 minutes. Meanwhile, preheat oven to 375 degrees F (190 degrees C).
- Bake in the preheated oven for about 30 minutes or until the top is golden brown and the bottom of the loaf sounds hollow when tapped.

## Nutrition Facts



**PROTEIN 10.4%** **FAT 20.96%** **CARBS 68.64%**

## Properties

Glycemic Index:48.77, Glycemic Load:55.95, Inflammation Score:-6, Nutrition Score:16.086956698366%

## Nutrients (% of daily need)

Calories: 461.12kcal (23.06%), Fat: 10.63g (16.36%), Saturated Fat: 5.9g (36.9%), Carbohydrates: 78.33g (26.11%), Net Carbohydrates: 75.32g (27.39%), Sugar: 6.29g (6.99%), Cholesterol: 63.49mg (21.17%), Sodium: 233.53mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.88g (23.75%), Vitamin B1: 0.94mg (62.38%), Folate: 218.51µg (54.63%), Selenium: 35.44µg (50.63%), Vitamin B2: 0.59mg (34.65%), Manganese: 0.65mg (32.43%), Vitamin B3: 6.26mg (31.3%), Iron: 4.59mg (25.48%), Phosphorus: 136.84mg (13.68%), Fiber: 3.01g (12.03%), Vitamin B5: 0.83mg (8.3%), Copper: 0.16mg (7.91%), Vitamin A: 321.8IU (6.44%), Zinc: 0.95mg (6.36%), Magnesium: 23.56mg (5.89%), Vitamin B6: 0.09mg (4.34%), Potassium: 135.08mg (3.86%), Vitamin E: 0.42mg (2.77%), Calcium: 24.75mg (2.48%), Vitamin B12: 0.12µg (1.95%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.06µg (1.01%)