

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

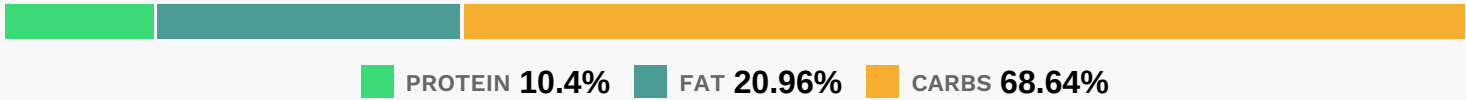
Equipment

- ☐ 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



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%)