



Rosemary Batter Bread

 Dairy Free

READY IN



100 min.

SERVINGS



16

CALORIES



110 kcal

BATTER

Ingredients

- 3 cups flour all-purpose
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 package yeast dry
- 1.3 cups water (120°F to 130°F)
- 2 tablespoons parsley fresh chopped
- 2 tablespoons shortening
- 1.5 teaspoons rosemary dried fresh crushed chopped

- 0.5 teaspoon thyme leaves dried fresh chopped
- 1 serving butter softened

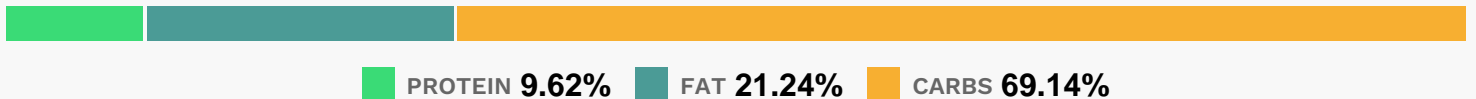
Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- hand mixer

Directions

- Grease bottom and sides of 9x5-inch loaf pan with shortening or cooking spray. In large bowl, mix 2 cups of the flour, the sugar, salt and yeast.
- Add water, parsley, shortening, rosemary and thyme. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in remaining 1 cup flour until completely mixed.
- Smooth and pat batter into pan, using floured hands. Cover; let rise in warm place about 40 minutes or until dough has doubled in size.
- Heat oven to 375°F.
- Bake 40 to 45 minutes or until loaf sounds hollow when tapped; remove from pan to cooling rack.
- Brush loaf with butter; cool.

Nutrition Facts



Properties

Glycemic Index:18.26, Glycemic Load:13.47, Inflammation Score:-3, Nutrition Score:4.2560869359776%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 110.33kcal (5.52%), Fat: 2.58g (3.96%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 18.09g (6.58%), Sugar: 0.82g (0.91%), Cholesterol: 0mg (0%), Sodium: 155.57mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.25%), Vitamin B1: 0.23mg (15.54%), Folate: 53.95µg (13.49%), Selenium: 7.99µg (11.41%), Vitamin K: 9.12µg (8.69%), Manganese: 0.16mg (8.18%), Vitamin B2: 0.13mg (7.92%), Vitamin B3: 1.57mg (7.84%), Iron: 1.14mg (6.36%), Fiber: 0.78g (3.12%), Phosphorus: 28.66mg (2.87%), Copper: 0.04mg (2%), Vitamin B5: 0.18mg (1.76%), Vitamin A: 76.68IU (1.53%), Magnesium: 5.98mg (1.49%), Zinc: 0.21mg (1.39%)