



Rosemary Batter Bread

 Dairy Free

READY IN



100 min.

SERVINGS



16

CALORIES



205 kcal

BATTER

Ingredients

- ☐ 16 servings butter softened
- ☐ 3 cups flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons shortening
- ☐ 1 tablespoon sugar
- ☐ 1.3 cups water (120°F to 130°F)
- ☐ 1 package yeast dry

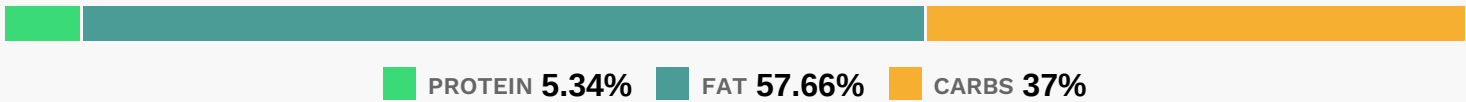
Equipment

- ☐ 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 375F.
- ☐ 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:11.07, Glycemic Load:13.47, Inflammation Score:-5, Nutrition Score:4.8352173741745%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 204.61kcal (10.23%), Fat: 13.14g (20.21%), Saturated Fat: 2.78g (17.37%), Carbohydrates: 18.97g (6.32%),
Net Carbohydrates: 18.2g (6.62%), Sugar: 0.82g (0.91%), Cholesterol: 0mg (0%), Sodium: 279.33mg (12.14%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Vitamin B1: 0.23mg (15.62%), Folate: 54.03µg
(13.51%), Selenium: 7.99µg (11.41%), Vitamin A: 542.9IU (10.86%), Vitamin K: 9.12µg (8.69%), Vitamin B2: 0.14mg
(8.18%), Manganese: 0.16mg (8.12%), Vitamin B3: 1.57mg (7.85%), Iron: 1.13mg (6.28%), Vitamin E: 0.55mg (3.67%),
Phosphorus: 31.61mg (3.16%), Fiber: 0.77g (3.07%), Copper: 0.04mg (1.98%), Vitamin B5: 0.19mg (1.86%),
Magnesium: 6.25mg (1.56%), Zinc: 0.21mg (1.38%), Potassium: 37.95mg (1.08%)