



Rosemary-Browned Butter Swirl Bread

 Vegetarian

READY IN



255 min.

SERVINGS



1

CALORIES



1420 kcal

Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 2.5 cups flour whole wheat white
- ☐ 4 tablespoons rosemary leaves fresh
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup skim milk dry instant
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup water (120°F to 130°F)

Equipment

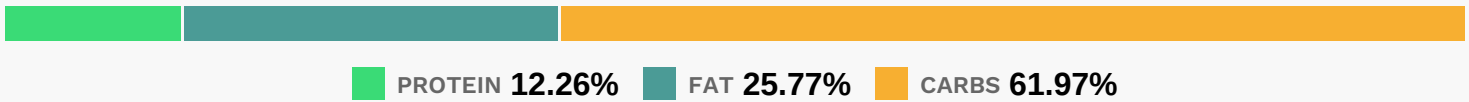
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ loaf pan
- ☐ stand mixer

Directions

- ☐ In bowl of electric stand mixer, place water, dry milk, sugar, oil, salt and yeast. With paddle attachment, mix until well blended.
- ☐ Let stand 5 minutes.
- ☐ Add 1 cup of the flour; beat with paddle attachment to combine.
- ☐ Add another 1 cup flour; beat to combine.
- ☐ Replace paddle attachment with dough hook; increase speed to medium. Beat in just enough remaining flour until dough is slightly sticky but pulls away from side of bowl. (You might have to add more than 2 1/2 cups flour total, but try not to go over too much). With mixer, knead 5 to 6 minutes, or knead 10 minutes by hand, or until dough is smooth and elastic.
- ☐ Place dough in lightly greased bowl; cover with lightly greased plastic wrap.
- ☐ Let rise in warm place (80F to 85F) until doubled in size, about 1 hour.
- ☐ Meanwhile, in 1-quart saucepan, heat butter over medium-low heat just until it turns brown; set aside. Lightly grease 8x4-inch loaf pan with shortening or cooking spray; set aside.
- ☐ Punch down dough. On lightly floured surface, roll out dough into 14x9-inch rectangle.
- ☐ Brush dough with browned butter; sprinkle with rosemary leaves. Fold 1/2 inch of long sides up over butter. Starting with 1 short side, roll up dough being careful to keep sides tucked in. Pinch seam to seal with slightly wet fingers.

- ☐ Place pan; cover with lightly greased plastic wrap.
- ☐ Let rise in warm place until doubled in size, about 1 hour to 1 hour 30 minutes.
- ☐ Heat oven to 375F.
- ☐ Remove plastic wrap; bake about 30 minutes or until loaf is deep golden brown and sounds hollow when tapped on bottom.
- ☐ Remove from pan to cooling rack; cool completely, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:103.34, Glycemic Load:9.37, Inflammation Score:-9, Nutrition Score:20.001304388046%

Flavonoids

Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

Nutrients (% of daily need)

Calories: 1420.24kcal (71.01%), Fat: 42.41g (65.25%), Saturated Fat: 16.78g (104.9%), Carbohydrates: 229.5g (76.5%), Net Carbohydrates: 196.49g (71.45%), Sugar: 15.09g (16.76%), Cholesterol: 62.04mg (20.68%), Sodium: 3534.01mg (153.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.42g (90.84%), Fiber: 33.01g (132.04%), Vitamin B1: 0.81mg (53.9%), Folate: 174.58µg (43.64%), Iron: 7.75mg (43.04%), Calcium: 324.42mg (32.44%), Vitamin K: 27µg (25.71%), Vitamin B2: 0.38mg (22.6%), Vitamin A: 1058.59IU (21.17%), Potassium: 560.26mg (16.01%), Vitamin B3: 2.97mg (14.85%), Vitamin B5: 1.26mg (12.59%), Phosphorus: 122.13mg (12.21%), Vitamin E: 1.76mg (11.75%), Vitamin B6: 0.17mg (8.41%), Vitamin D: 1.09µg (7.29%), Vitamin B12: 0.41µg (6.8%), Zinc: 0.96mg (6.43%), Manganese: 0.11mg (5.55%), Magnesium: 21.43mg (5.36%), Copper: 0.1mg (5.08%), Selenium: 2.14µg (3.06%), Vitamin C: 1.76mg (2.14%)