

## S.C.A. Trail Bread

 Vegetarian  Dairy Free

READY IN



150 min.

SERVINGS



12

CALORIES



393 kcal

### Ingredients

- 0.8 ounce active yeast dry
- 9 cups bread flour
- 0.3 cup honey
- 2 tablespoons salt
- 2 tablespoons vegetable oil
- 3 cups warm water (110 degrees F/45 degrees C)

### Equipment

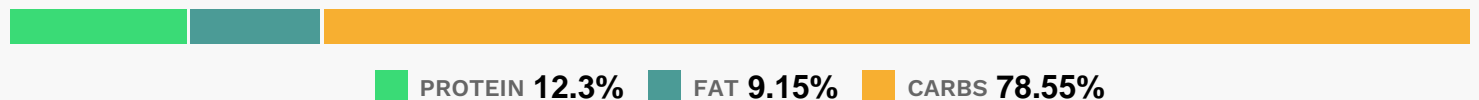
- bowl
- oven

- mixing bowl
- loaf pan

## Directions

- In a large mixing bowl, dissolve honey and yeast in warm water.
- Let stand until creamy, about 10 minutes.
- Stir in oil, salt and 4 cups of flour. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead for about 15 minutes. The dough should be soft like a baby's butt and it should not stick to your hands. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into two equal pieces and form into loaves.
- Place the loaves into two lightly greased 9x5 inch loaf pans. Cover the loaves with a damp cloth and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 375 degrees F (190 degrees C).
- Bake in preheated oven for 45 to 60 minutes, until loaves sound hollow when on the bottom.
- Serve hot out of the oven or let cool and store for later.

## Nutrition Facts



## Properties

Glycemic Index:9.94, Glycemic Load:48.1, Inflammation Score:-2, Nutrition Score:9.3586955948368%

## Nutrients (% of daily need)

Calories: 392.86kcal (19.64%), Fat: 3.96g (6.09%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 76.49g (25.5%), Net Carbohydrates: 73.74g (26.81%), Sugar: 8.02g (8.91%), Cholesterol: 0mg (0%), Sodium: 1168.85mg (50.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.95%), Selenium: 37.44µg (53.48%), Manganese: 0.76mg (37.93%), Folate: 72.59µg (18.15%), Vitamin B1: 0.27mg (17.99%), Fiber: 2.75g (10.98%), Phosphorus: 102.6mg (10.26%), Copper: 0.19mg (9.61%), Vitamin B3: 1.66mg (8.31%), Vitamin B2: 0.13mg (7.69%), Vitamin B5: 0.66mg (6.56%), Zinc: 0.97mg (6.45%), Magnesium: 25.2mg (6.3%), Iron: 0.93mg (5.18%), Vitamin K: 4.46µg (4.24%), Vitamin E: 0.56mg (3.74%), Potassium: 115.81mg (3.31%), Vitamin B6: 0.06mg (3.18%), Calcium: 17.65mg

(1.77%)