



Shaker-Style Walnut and Rosemary Loaf

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



406 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 envelopes yeast dry
- ☐ 6.5 cups flour ()
- ☐ 1 large eggs beaten to blend
- ☐ 1 large milk whole with 1 tablespoon milk (for glaze) beaten
- ☐ 2 teaspoons rosemary leaves fresh chopped
- ☐ 2.3 cups milk whole (120°F)
- ☐ 2 teaspoons salt
- ☐ 3 tablespoons sugar

- ☐ 2 tablespoons butter unsalted cut into 1/2-inch pieces, room temperature ()
- ☐ 16 servings vegetable oil
- ☐ 1 cup walnut pieces coarsely chopped
- ☐ 0.3 cup water (110°F to 115°F)

Equipment

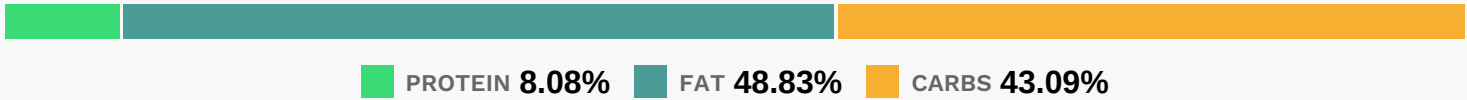
- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ loaf pan
- ☐ wooden spoon
- ☐ serrated knife

Directions

- ☐ Pour milk into large bowl.
- ☐ Mix in sugar, butter, and salt; cool to lukewarm.
- ☐ Place 1/4 cup warm water in small bowl; mix in yeast.
- ☐ Let stand 6 minutes.
- ☐ Stir yeast mixture and 1 egg into lukewarm milk mixture.
- ☐ Mix in 4 cups flour. Beat with wooden spoon until mixture is smooth. Cover bowl with plastic wrap and let sponge stand until bubbles appear at edge, about 15 minutes.
- ☐ Mix nuts and rosemary into sponge.
- ☐ Mix in flour, 1/3 cupful at a time, until soft, slightly sticky dough forms. Turn dough out onto floured surface and knead until smooth and no longer sticky, sprinkling with flour as needed, about 10 minutes.
- ☐ Brush clean large bowl with oil.
- ☐ Add dough; turn to coat. Cover bowl with plastic.
- ☐ Let dough rise in warm draft-free area until doubled in volume, about 1 hour.
- ☐ Brush two 8 1/2x4 1/2x2 1/2-inch nonstick loaf pans with oil. Punch dough down and turn out onto work surface; shape into two 8-inch-long loaves.

- ☐ Place in pans.
- ☐ Let rise, uncovered, until almost doubled in volume, about 45 minutes.
- ☐ Position rack in bottom third of oven and preheat to 375°F. Using serrated knife, make shallow cut down center of each loaf.
- ☐ Brush loaves with glaze.
- ☐ Bake until golden and crusty, about 35 minutes. Turn breads out of pans. Cool on racks.

Nutrition Facts



Properties

Glycemic Index:15.07, Glycemic Load:30.32, Inflammation Score:-5, Nutrition Score:12.389565182445%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 405.59kcal (20.28%), Fat: 22.16g (34.09%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 43.99g (14.66%), Net Carbohydrates: 41.89g (15.23%), Sugar: 4.24g (4.71%), Cholesterol: 19.51mg (6.5%), Sodium: 310.2mg (13.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.49%), Vitamin B1: 0.54mg (36.03%), Folate: 122.11µg (30.53%), Manganese: 0.6mg (30.1%), Selenium: 19.29µg (27.55%), Vitamin K: 26.33µg (25.08%), Vitamin B2: 0.36mg (21.15%), Vitamin B3: 3.47mg (17.36%), Iron: 2.65mg (14.72%), Phosphorus: 127.05mg (12.71%), Copper: 0.2mg (9.85%), Vitamin E: 1.32mg (8.78%), Fiber: 2.1g (8.39%), Magnesium: 27.79mg (6.95%), Calcium: 59.85mg (5.99%), Vitamin B5: 0.56mg (5.6%), Zinc: 0.84mg (5.57%), Vitamin B6: 0.1mg (5.06%), Potassium: 151.42mg (4.33%), Vitamin B12: 0.22µg (3.62%), Vitamin D: 0.47µg (3.11%), Vitamin A: 118.12IU (2.36%)