

Simple White Bread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



123 kcal

BREAD

Ingredients

- 2.3 teaspoons yeast dry
- 1 large eggs lightly beaten
- 3 cups flour all-purpose
- 1.3 teaspoons salt
- 1 teaspoon sugar
- 1.3 cups warm water divided (100° to 110°)

Equipment

- bowl

- frying pan
- oven
- knife
- wire rack
- loaf pan
- measuring cup

Directions

- Dissolve sugar and yeast in 1/4 cup warm water in a large bowl; let stand 5 minutes.
- Lightly spoon flour into dry measuring cups, and level with a knife.
- Add 1 cup warm water, flour, and salt to yeast mixture; stir until a soft dough forms. Turn out onto a floured surface. Knead dough until smooth and elastic (about 5 minutes).
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- Uncover dough, and punch dough down. Cover and let rise 30 minutes. Uncover dough; punch dough down. Cover and let rest 10 minutes.
- Roll into a 14 x 7-inch rectangle on a floured surface.
- Roll up tightly, starting with a short edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- Place roll, seam side down, in an 8 x 4-inch loaf pan coated with cooking spray. Cover and let rise 30 minutes or until doubled in size.
- Preheat oven to 42
- Uncover dough; gently brush with egg.
- Bake at 425 for 12 minutes. Reduce oven temperature to 350 (do not remove bread from oven); bake an additional 15 minutes or until loaf sounds hollow when tapped.
- Remove from pan; cool on a wire rack.

Nutrition Facts

 PROTEIN 13.24%  FAT 5.59%  CARBS 81.17%

Properties

Glycemic Index:12.09, Glycemic Load:17.49, Inflammation Score:-3, Nutrition Score:5.2734783191396%

Nutrients (% of daily need)

Calories: 122.89kcal (6.14%), Fat: 0.75g (1.15%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 23.45g (8.53%), Sugar: 0.43g (0.48%), Cholesterol: 15.5mg (5.17%), Sodium: 250.31mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin B1: 0.31mg (20.74%), Folate: 72.8µg (18.2%), Selenium: 11.92µg (17.03%), Vitamin B2: 0.2mg (11.58%), Manganese: 0.22mg (10.84%), Vitamin B3: 2.08mg (10.41%), Iron: 1.54mg (8.54%), Phosphorus: 45.72mg (4.57%), Fiber: 1g (4%), Vitamin B5: 0.28mg (2.79%), Copper: 0.05mg (2.73%), Zinc: 0.32mg (2.15%), Magnesium: 7.94mg (1.99%), Vitamin B6: 0.03mg (1.48%), Potassium: 44.81mg (1.28%)