

Simple White Bread

 Vegetarian

READY IN



175 min.

SERVINGS



16

CALORIES



282 kcal

BREAD

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 1 tablespoon butter melted
- ☐ 8.5 cups flour all-purpose
- ☐ 0.5 cup nonfat milk powder dry
- ☐ 1 tablespoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 2.5 cups warm water 110 degrees F/45 degrees C
- ☐ 2 tablespoons sugar white

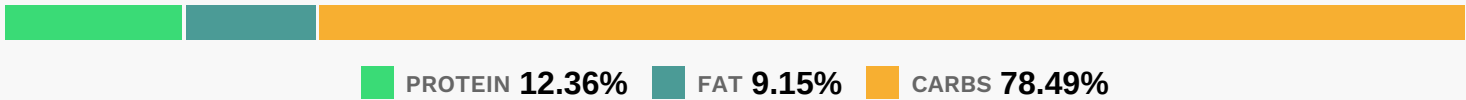
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ In a large mixing bowl, dissolve yeast in 1/2 cup warm water.
- ☐ Add remaining water, dry milk, oil, sugar, salt, and 3 cups of flour; beat with an electric mixer on medium speed for 3 minutes, or until smooth. Stir in enough remaining flour to form a soft dough.
- ☐ Turn dough onto a lightly floured surface. Knead until smooth and elastic, about 6 to 8 minutes.
- ☐ Place in a greased bowl, turning once to grease surface. Cover the bowl with a damp cloth.
- ☐ Let rise in a warm place until doubled in size, about 1 hour.
- ☐ Punch the dough down, and divide in half. Shape into loaves.
- ☐ Place in two greased 9 X 5 x 3 inch loaf pans. Grease the tops of the loaves, and cover with a damp cloth.
- ☐ Let rise until doubled, about 1 hour.
- ☐ Bake at 375 degrees F (190 degrees C) for 35 minutes, or until golden brown.
- ☐ Remove bread from pans to cool on wire racks.
- ☐ Brush with melted butter or margarine.

Nutrition Facts



Properties

Glycemic Index:12.19, Glycemic Load:37.71, Inflammation Score:-5, Nutrition Score:11.430869566358%

Nutrients (% of daily need)

Calories: 282.27kcal (14.11%), Fat: 2.82g (4.34%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 54.48g (18.16%), Net Carbohydrates: 52.45g (19.07%), Sugar: 3.63g (4.03%), Cholesterol: 2.63mg (0.88%), Sodium: 465.36mg (20.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.17%), Vitamin B1: 0.63mg (42.29%), Folate: 144.16µg (36.04%), Selenium: 23.62µg (33.75%), Vitamin B2: 0.42mg (24.83%), Manganese: 0.46mg (22.88%), Vitamin B3: 4.31mg (21.56%), Iron: 3.12mg (17.32%), Phosphorus: 113.87mg (11.39%), Fiber: 2.03g (8.13%), Calcium: 59.08mg (5.91%), Vitamin B5: 0.55mg (5.45%), Copper: 0.11mg (5.37%), Magnesium: 19.61mg (4.9%), Zinc: 0.69mg (4.63%), Potassium: 146.97mg (4.2%), Vitamin B6: 0.06mg (2.8%), Vitamin D: 0.41µg (2.75%), Vitamin K: 2.77µg (2.64%), Vitamin B12: 0.15µg (2.55%), Vitamin A: 103.58IU (2.07%), Vitamin E: 0.17mg (1.14%)