

Sourdough Bread

 Vegetarian

READY IN



65 min.

SERVINGS



32

CALORIES



151 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 2 tablespoons butter melted
- 32 servings cornmeal
- 7 cups flour all-purpose divided
- 0.3 cup skim milk powder dry
- 2 teaspoons salt
- 2 tablespoons sugar
- 3.5 cups water divided (110° to 115°)

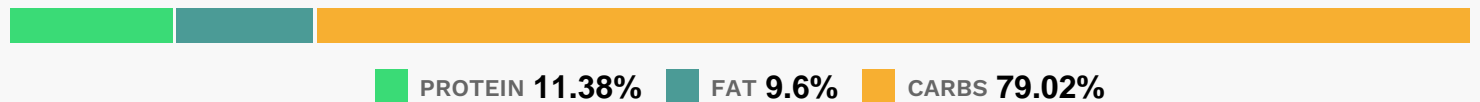
Equipment

- bowl
- baking sheet
- oven
- knife

Directions

- In a 4-qt. non-metallic bowl, dissolve yeast in 2 cups warm water; let stand for 5 minutes. Stir in 2 cups of flour until smooth. Cover loosely with a clean towel.
- Let stand in a warm place (80°–90°) to ferment for 48 hours; stir several times daily. (The mixture will become bubbly and rise, have a "yeasty" sour aroma and a transparent yellow liquid will form on the top.) Stir in milk powder, butter, sugar, salt, remaining water and enough remaining flour to form a soft dough. (Do not knead.) Cover and let rise in a warm place until doubled, about 1-1/2 hours.
- Turn onto a floured surface; punch dough down. (Do not knead). Divide in half. Shape each into a round loaf. Heavily grease baking sheets and sprinkle with cornmeal.
- Place dough on prepared pans. Cover and let rise until doubled, about 30 minutes.
- With a sharp knife, make three diagonal slashes across tops of loaves.
- Bake at 350° for 10 minutes.
- Brush loaves with cold water; bake 35–40 minutes longer or until golden brown.

Nutrition Facts



Properties

Glycemic Index:8.24, Glycemic Load:19.97, Inflammation Score:-3, Nutrition Score:5.5139131124901%

Nutrients (% of daily need)

Calories: 151.21kcal (7.56%), Fat: 1.59g (2.45%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 27.74g (10.09%), Sugar: 1.47g (1.63%), Cholesterol: 2.07mg (0.69%), Sodium: 158.35mg (6.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.49%), Vitamin B1: 0.27mg (18.2%), Folate: 59.12µg

(14.78%), Selenium: 10.16µg (14.51%), Manganese: 0.25mg (12.59%), Vitamin B2: 0.17mg (9.89%), Vitamin B3: 1.96mg (9.8%), Iron: 1.58mg (8.76%), Fiber: 1.74g (6.95%), Phosphorus: 62.73mg (6.27%), Magnesium: 18.15mg (4.54%), Vitamin B6: 0.08mg (3.89%), Zinc: 0.56mg (3.74%), Copper: 0.07mg (3.46%), Vitamin B5: 0.24mg (2.44%), Potassium: 80.61mg (2.3%), Calcium: 17.66mg (1.77%)