



Sourdough Bread

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



131 kcal

BREAD

Ingredients

- ☐ 2 tablespoons cornmeal
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons shortening melted
- ☐ 2.5 cups sourdough starter) at room temperature
- ☐ 2 tablespoons sugar

Equipment

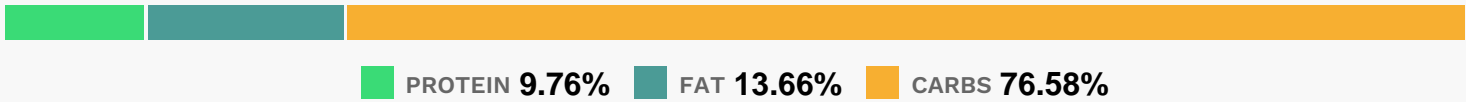
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Combine sugar, shortening, and salt in a large mixing bowl; add Sourdough Starter, and stir until sugar dissolves.
- ☐ Gradually add flour, stirring until dough leaves sides of bowl. Turn dough out onto a heavily floured surface; knead 10 minutes or until smooth and elastic.
- ☐ Place dough in a greased bowl, turning to grease top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk (dough will be sticky). Punch dough down, and let rest 5 minutes. Turn dough out onto a floured surface; divide in half.
- ☐ Grease a baking sheet; sprinkle with cornmeal. Set aside.
- ☐ Roll each half into a 12- x 10- inch rectangle.
- ☐ Roll up jellyroll fashion, beginning at wide edge.
- ☐ Place dough, seam side down, on baking sheet; turn edges under. Cover and repeat rising procedure 25 minutes or until doubled in bulk.
- ☐ Cut several diagonal slashes, 3/4-inch deep, in top of each loaf.
- ☐ Bake at 400 for 30 minutes or until loaves sound hollow when tapped.
- ☐ Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:13.35, Glycemic Load:12.37, Inflammation Score:-1, Nutrition Score:2.9478260978408%

Nutrients (% of daily need)

Calories: 131.36kcal (6.57%), Fat: 1.96g (3.02%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 23.85g (8.67%), Sugar: 1.57g (1.74%), Cholesterol: 0mg (0%), Sodium: 146.42mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.31%), Vitamin B1: 0.16mg (10.49%), Selenium: 6.71µg (9.58%), Folate: 36.17µg (9.04%), Manganese: 0.14mg (7.08%), Vitamin B3: 1.18mg (5.92%), Vitamin B2: 0.1mg (5.76%), Iron:

0.95mg (5.26%), Fiber: 0.91g (3.64%), Phosphorus: 23.91mg (2.39%), Copper: 0.03mg (1.57%), Magnesium: 5.64mg (1.41%), Zinc: 0.18mg (1.17%), Vitamin B5: 0.1mg (1.04%)