

Sourdough Bread II

 Vegetarian

READY IN



280 min.

SERVINGS



8

CALORIES



372 kcal

Ingredients

- ☐ 2.3 teaspoons active yeast dry
- ☐ 1.5 teaspoons baking soda
- ☐ 5.5 cups bread flour
- ☐ 1 tablespoon butter melted
- ☐ 1.5 teaspoons salt
- ☐ 1.5 cups starter
- ☐ 0.5 cup warm water (110 degrees F/45 degrees C)
- ☐ 2 teaspoons sugar white

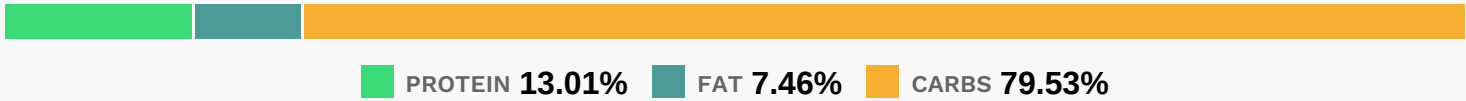
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ In a medium bowl, dissolve 2 1/4 teaspoons yeast in 1/2 cup warm water. Stir in 2 cups flour, 2 cups lukewarm water, 1 tablespoon sugar, and 1 teaspoon salt. Beat smooth with rotary beater.
- ☐ Let stand 3 to 5 days uncovered at room temperature stirring 2 or 3 times a day. Cover at night to prevent drying.
- ☐ In a large bowl, dissolve 2 1/4 teaspoons yeast in 1/2 cup warm water. Blend in starter batter, 2 teaspoons sugar, and 1 1/2 teaspoons salt.
- ☐ Add 3 1/2 cups flour, and beat with a rotary beater for 3 to 4 minutes. Cover, and let rise till double in bulk.
- ☐ Mix soda with remaining flour; gradually mix into risen dough, adding enough to make the dough stiff. Turn out onto a floured board, and knead 8 to 10 minutes. Shape into one large or 2 medium loaves, and place on a lightly greased baking sheet. With a sharp knife, make diagonal cuts across top of dough.
- ☐ Let rise till double.
- ☐ Bake at 400 degrees F (205 degrees C).
- ☐ Remove medium loaves after 35 to 40 minutes, large loaf after 40 to 45 minutes.
- ☐ Brush with melted butter and let cool before serving.

Nutrition Facts



Properties

Glycemic Index:23.39, Glycemic Load:41.08, Inflammation Score:-3, Nutrition Score:7.6378260071835%

Nutrients (% of daily need)

Calories: 372.13kcal (18.61%), Fat: 3.03g (4.66%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 72.63g (24.21%), Net Carbohydrates: 70.02g (25.46%), Sugar: 1.27g (1.41%), Cholesterol: 3.76mg (1.25%), Sodium: 656.07mg (28.52%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.88g (23.76%), Selenium: 34.21µg (48.87%), Manganese: 0.68mg (34.23%), Folate: 48.89µg (12.22%), Vitamin B1: 0.17mg (11.01%), Fiber: 2.62g (10.47%), Phosphorus: 89.35mg (8.94%), Copper: 0.16mg (8.15%), Vitamin B3: 1.21mg (6.06%), Magnesium: 22.15mg (5.54%), Zinc: 0.8mg (5.36%), Vitamin B2: 0.09mg (5.14%), Vitamin B5: 0.5mg (4.96%), Iron: 0.8mg (4.43%), Potassium: 94.82mg (2.71%), Vitamin E: 0.38mg (2.56%), Vitamin B6: 0.05mg (2.25%), Calcium: 14.3mg (1.43%)