

Sourdough Bread III

READY IN



160 min.

SERVINGS



24

CALORIES



119 kcal

Ingredients

- 1 tablespoon yeast dry
- 4 cups bread flour
- 1 tablespoon cornmeal
- 3 tablespoons butter softened
- 1 cup milk
- 1 tablespoon salt
- 1.5 cups starter
- 3 tablespoons sugar
- 3 tablespoons wheat germ

Equipment

- baking sheet
- oven
- wire rack
- bread machine

Directions

- Mix all ingredients in a bread machine using the Manual cycle. That's usually two mix cycles of approximately 15 to 20 minutes with the rise cycle between them of about an hour.
- Turn the dough out onto a lightly floured surface. Form the dough into a single round loaf.
- Place the loaf on a baking stone or baking sheet which has been lightly oiled and sprinkled with cornmeal. Cover loaf and let rise in a warm place until nearly doubled in size, about 40 minutes.
- Preheat oven to 425 degrees F (220 degrees C).
- Bake in preheated oven for 20 to 30 minutes, until golden brown and loaf sounds hollow when tapped.
- Let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:10.15, Glycemic Load:11.2, Inflammation Score:-1, Nutrition Score:2.7078260636848%

Nutrients (% of daily need)

Calories: 118.5kcal (5.93%), Fat: 2.23g (3.42%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 20.02g (7.28%), Sugar: 2.06g (2.29%), Cholesterol: 1.22mg (0.41%), Sodium: 311.89mg (13.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Manganese: 0.26mg (13.04%), Selenium: 9.06µg (12.94%), Phosphorus: 38.67mg (3.87%), Vitamin B1: 0.06mg (3.67%), Folate: 12.87µg (3.22%), Fiber: 0.78g (3.12%), Copper: 0.05mg (2.28%), Vitamin B2: 0.04mg (2.23%), Zinc: 0.33mg (2.2%), Magnesium: 8.67mg (2.17%), Vitamin B3: 0.34mg (1.72%), Vitamin B5: 0.17mg (1.71%), Calcium: 16.69mg (1.67%), Vitamin A: 79.48IU (1.59%), Vitamin B6: 0.03mg (1.4%), Iron: 0.25mg (1.39%), Potassium: 45.97mg (1.31%)