



## Southwest Bread

READY IN



45 min.

SERVINGS



8

CALORIES



630 kcal

BREAD

### Ingredients

- 3 tablespoons anaheim chili diced seeded
- 4.8 cups bread flour divided
- 1 cup black beans canned drained
- 1 tablespoon chili powder
- 0.5 cup corn kernels frozen thawed
- 1 package yeast dry
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup garlic chopped
- 1 teaspoon ground cumin

- 0.5 cup honey
- 1 tablespoon jalapeno minced seeded
- 0.8 cup yogurt plain low-fat
- 3 tablespoons butter melted
- 0.5 cup onion red chopped
- 1 teaspoon salt
- 0.3 cup sun-dried olives drained chopped
- 0.5 teaspoon tarragon vinegar
- 2 cups water (120° to 130°)
- 1.5 cups flour whole-wheat
- 1.5 cups cornmeal yellow

## Equipment

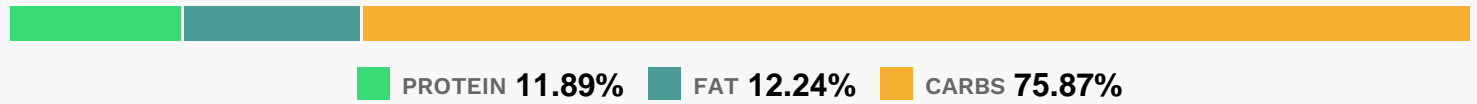
- bowl
- baking sheet
- oven

## Directions

- Combine first 3 ingredients in a large bowl; stir.
- Add water, yogurt, and honey; stir.
- Let stand 30 minutes.
- Add beans and next 12 ingredients (beans through vinegar); stir. Stir in 4 1/2 cups bread flour to form a soft dough.
- Turn the dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent the dough from sticking to hands.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- Punch dough down. Divide dough into 4 equal portions, and shape each portion into a 6-inch round loaf.

- Place loaves 4 inches apart on large baking sheets coated with cooking spray. Make 4 (1/8-inch-deep) diagonal cuts across tops of loaves. Dust loaves with flour. Cover and let rise 45 minutes or until doubled in bulk.
- Bake at 375 for 25 minutes or until loaves sound hollow when tapped; let cool on wire racks.

## Nutrition Facts



### Properties

Glycemic Index:49.22, Glycemic Load:58.02, Inflammation Score:-7, Nutrition Score:22.157391164614%

### Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

### Nutrients (% of daily need)

Calories: 629.98kcal (31.5%), Fat: 8.73g (13.42%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 121.64g (40.55%), Net Carbohydrates: 111.38g (40.5%), Sugar: 22.36g (24.84%), Cholesterol: 1.38mg (0.46%), Sodium: 507.6mg (22.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.07g (38.15%), Manganese: 1.95mg (97.7%), Selenium: 47.57µg (67.96%), Fiber: 10.26g (41.05%), Phosphorus: 314.66mg (31.47%), Vitamin B1: 0.44mg (29.26%), Magnesium: 107.24mg (26.81%), Folate: 90.4µg (22.6%), Copper: 0.45mg (22.39%), Vitamin B6: 0.45mg (22.36%), Iron: 3.69mg (20.51%), Zinc: 2.81mg (18.74%), Vitamin B3: 3.74mg (18.72%), Potassium: 587.81mg (16.79%), Vitamin B2: 0.28mg (16.18%), Vitamin A: 592.74IU (11.85%), Vitamin B5: 1.11mg (11.14%), Calcium: 95.48mg (9.55%), Vitamin C: 7.51mg (9.1%), Vitamin E: 1.22mg (8.14%), Vitamin K: 5.32µg (5.06%), Vitamin B12: 0.13µg (2.24%)