



Sweet Bread Overnite

 Vegetarian

READY IN



900 min.

SERVINGS



12

CALORIES



509 kcal

BREAD

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 2 tablespoons butter melted
- ☐ 7 eggs
- ☐ 8 cups flour all-purpose
- ☐ 1.5 cups milk
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup warm water (110 degrees F)

☐ 2 cups sugar white

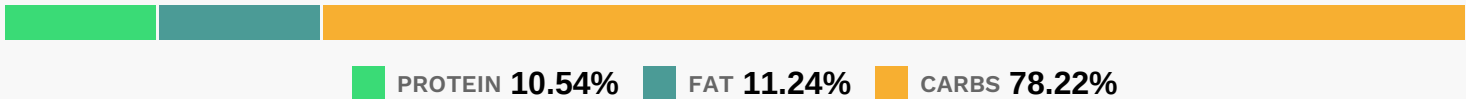
Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ loaf pan

Directions

- ☐ In a small bowl, dissolve yeast in warm water.
- ☐ Let stand until creamy, about 10 minutes.
- ☐ In a large bowl, beat eggs until fluffy. Stir in 4 cups of flour, salt, sugar, milk, 3/4 cup melted butter, yeast mixture and vanilla. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with plastic wrap and let rise overnight in the refrigerator.
- ☐ The next morning, deflate the dough and turn it out onto a floured surface. Divide the dough into two equal pieces and form into loaves.
- ☐ Place the loaves into two lightly greased 9x5 inch loaf pans. Cover the loaves with a damp cloth and let rise until doubled in volume, about 90 minutes. Preheat an oven to 300 degrees F (150 degrees C).
- ☐ Brush risen loaves with 2 tablespoons melted butter and bake in preheated oven for 1 hour, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:69.82, Inflammation Score:-6, Nutrition Score:16.119565292545%

Nutrients (% of daily need)

Calories: 509.16kcal (25.46%), Fat: 6.32g (9.73%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 98.97g (32.99%), Net Carbohydrates: 96.41g (35.06%), Sugar: 35.14g (39.04%), Cholesterol: 104.16mg (34.72%), Sodium: 259.99mg (11.3%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 13.34g (26.68%), Vitamin B1: 0.81mg (54.11%), Selenium: 37.03µg (52.89%), Folate: 192.27µg (48.07%), Vitamin B2: 0.63mg (36.83%), Manganese: 0.58mg (29.19%), Vitamin B3: 5.45mg (27.25%), Iron: 4.36mg (24.23%), Phosphorus: 179.75mg (17.97%), Vitamin B5: 1.03mg (10.35%), Fiber: 2.57g (10.27%), Zinc: 1.14mg (7.61%), Copper: 0.15mg (7.42%), Vitamin B12: 0.4µg (6.63%), Calcium: 66.13mg (6.61%), Magnesium: 25.94mg (6.49%), Vitamin B6: 0.12mg (5.84%), Vitamin D: 0.85µg (5.66%), Potassium: 183.87mg (5.25%), Vitamin A: 246.32IU (4.93%), Vitamin E: 0.39mg (2.59%)