



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



PROTEIN 10.54% FAT 11.24% CARBS 78.22%

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%)