

Sprouted Herb Bread

*The Applebutter Inn - Slippery Rock, PA
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Yield: 1 loaf

*2 cups flour, divided
1 package active dry yeast
3/4 cup milk
2 tablespoons shortening
1 tablespoon honey
1/2 teaspoon salt
1 egg
1 cup snipped sprouts
1/2 cup wheat germ
1/2 teaspoon crushed basil*

Copyright: James Stroman

Preheat the oven to 375 degrees.

In a mixing bowl, combine one cup of flour and the yeast.

In a saucepan, heat the milk, shortening, honey and salt until warm. Add to the flour mixture. Add the egg. Beat on low speed for 30 seconds, then on high speed for 3 minutes. Add the remaining one cup of flour, sprouts, wheat germ and basil. Cover and let rise for one hour.

Beat the dough down. Let rest for 10 minutes. Spoon into a loaf pan and let rise again until doubled in bulk.

Bake for 20 minutes for small loaves or 40 minutes for a large loaf.

Per Serving (excluding unknown items): 1615 Calories; 45g Fat (25.0% calories from fat); 54g Protein; 250g Carbohydrate; 17g Dietary Fiber; 237mg Cholesterol; 1242mg Sodium. Exchanges: 14 1/2 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 6 1/2 Fat; 1 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	1615	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	25.0%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	61.6%	Thiamin B1 (mg):	3.3mg
% Calories from Protein:	13.4%	Riboflavin B2 (mg):	2.4mg
Total Fat (g):	45g	Folacin (mcg):	424mcg
Saturated Fat (g):	13g	Niacin (mg):	22mg

Monounsaturated Fat (g): 16g
Polyunsaturated Fat (g): 12g
Cholesterol (mg): 237mg
Carbohydrate (g): 250g
Dietary Fiber (g): 17g
Protein (g): 54g
Sodium (mg): 1242mg
Potassium (mg): 1276mg
Calcium (mg): 317mg
Iron (mg): 17mg
Zinc (mg): 11mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 475IU
Vitamin A (r.e.): 139 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 14 1/2
Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 6 1/2
Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 1615 Calories from Fat: 404

% Daily Values*

Total Fat 45g	69%
Saturated Fat 13g	66%
Cholesterol 237mg	79%
Sodium 1242mg	52%
Total Carbohydrates 250g	83%
Dietary Fiber 17g	67%
Protein 54g	
<hr/>	
Vitamin A	9%
Vitamin C	3%
Calcium	32%
Iron	97%

* Percent Daily Values are based on a 2000 calorie diet.