

U.S. Parmesan Cheese Bread

This bread is perfect for garlic toast with any pasta or served warm from the oven, hot and buttered.



INGREDIENTS

(Makes 2 loaves approx. 500g each)

Yeast	14g
Water (35-40°C / 95-104°F)	300ml
U.S. Powdered Milk	85g
U.S. Parmesan Cheese, grated	150g
Egg, large, lightly beaten	1
Olive Oil	15ml
Sugar, granulated	9g
Salt	9g
Cayenne Pepper, ground	1g
All-Purpose Flour	480g
Egg White, lightly beaten	1
U.S. Parmesan Cheese, shredded	20g

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)		Serving Size (100g)	
Servings Per Container		Servings Per Container	
Amount Per Serving			
Calories 320	Calories from Fat 70		
		% Daily Value*	
Total Fat 7g			11%
Saturated Fat 3.5g			18%
Trans Fat 0g			
Cholesterol 35mg			12%
Sodium 690mg			29%
Total Carbohydrate 44g			15%
Dietary Fiber 2g			8%
Sugars 6g			
Protein 17g			
Vitamin A 4%	Vitamin C 2%		
Calcium 35%	Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Per 100g

Calories	316kcal
Total Fat	7g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	37mg
Total Carbohydrates	44g
Dietary Fiber	2g
Sugars	6g
Protein	17g
Calcium	333mg
Magnesium	34mg
Phosphorus	296mg
Potassium	257mg
Sodium	692mg
Iron	3mg
Vitamin A	217IU
Vitamin C	2mg

PREPARATION

1. Dissolve yeast in 35-40°C (95-105°F) water in a large mixing bowl and stir in powdered milk and let stand for 5 minutes.
2. Add grated parmesan cheese, whole egg, olive oil, sugar, salt, pepper and flour.
3. Beat with wooden spoon till it starts to pull away from bowl then turn on a floured board, adding flour if needed to form a good dough.
4. Knead for 5 minutes, place dough in a well-oiled bowl and cover with plastic wrap, let rise for 1½ hour.
5. Punch down on floured board and divide in half.
6. Form into balls and place on oiled baking sheets, cover and let rest for 40 minutes.
7. Brush loaves with egg white and sprinkle shaved parmesan cheese on top.
8. Bake at 160°C (325°F) for 25-35 minutes or until brown.
9. Cool on racks and serve.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.