

Dilly Casserole Bread

*Hotel Alex Johnson - Rapid City, SD
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Yield: 1 loaf

*2 packages active dry yeast
1/2 cup warm water
2 cups lukewarm cream-style cottage cheese
1/4 cup sugar
2 tablespoons minced onion
2 tablespoons butter
4 teaspoons dill seed
2 teaspoons salt
1/2 teaspoon baking soda
2 eggs
4 1/2 to 5 cups flour
melted butter (for garnish)
salt (for garnish)*

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Preheat the oven to 350 degrees.

Soften the yeast in the warm water. In a mixing bowl, combine the cottage cheese, sugar, onion, butter, dill seed, salt, baking soda, eggs and softened yeast.

Add the flour and form a stiff dough, beating well after each addition. Cover and let rise in a warm place until doubled in bulk.

Stir down and place in an eight-inch casserole dish. Let sit in a warm place for 30 to 40 minutes.

Bake for 40 to 50 minutes or until golden brown.

Brush with butter and sprinkle with salt.

If rolls are desired, this recipe makes approximately thirty-five 1-1/2 ounce rolls.

Per Serving (excluding unknown items): 2668 Calories; 40g Fat (13.7% calories from fat); 78g Protein; 492g Carbohydrate; 22g Dietary Fiber; 486mg Cholesterol; 5291mg Sodium. Exchanges: 29 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 5 1/2 Fat; 3 1/2 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	2668	Vitamin B6 (mg):	.6mg
% Calories from Fat:	13.7%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	74.5%	Thiamin B1 (mg):	4.8mg
% Calories from Protein:	11.8%	Riboflavin B2 (mg):	4.0mg
Total Fat (g):	40g	Folacin (mcg):	527mcg
Saturated Fat (g):	18g	Niacin (mg):	39mg

Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	486mg
Carbohydrate (g):	492g
Dietary Fiber (g):	22g
Protein (g):	78g
Sodium (mg):	5291mg
Potassium (mg):	1160mg
Calcium (mg):	320mg
Iron (mg):	32mg
Zinc (mg):	6mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	1360IU
Vitamin A (r.e.):	355RE

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

Food Exchanges

Grain (Starch):	29
Lean Meat:	2 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	3 1/2

Nutrition Facts

Amount Per Serving

Calories 2668	Calories from Fat: 367
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% Daily Values*

Total Fat 40g	62%
Saturated Fat 18g	92%
Cholesterol 486mg	162%
Sodium 5291mg	220%
Total Carbohydrates 492g	164%
Dietary Fiber 22g	89%
Protein 78g	
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Vitamin A	27%
Vitamin C	5%
Calcium	32%
Iron	177%

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