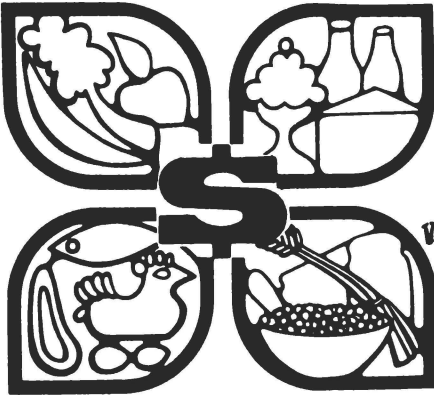


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FOODS AND NUTRITION

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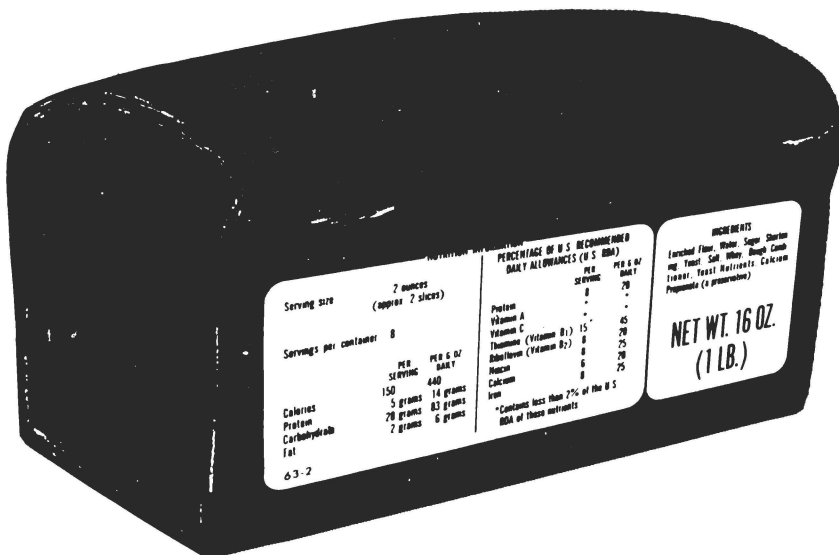
BLACKSBURG, VIRGINIA BREAD BASICS

Bread is a food we often take for granted. For most of us, a meal is not complete without bread of some kind--biscuits, muffins, cornbread, rolls, or a slice of bread. Breads may be homemade, home baked from refrigerated or frozen doughs, or commercially made. Some say that loaf bread was the first convenience food.

Most breads are rather mild flavored and go well with other foods. It's nice that a food we like as well as bread is also good for us. Bread supplies low-cost energy. That's one way of saying that bread has calories--some would even say bread is fattening. It can be if you are taking in more energy than you use up because leftover energy is stored as body fat. Bread, however, is not a high-calorie item--it ranges from about 60 calories in a slice of white bread to about 100 calories in a biscuit.

What we eat on bread may have as many calories as the bread itself. A pat of margarine or butter has 35 calories as does a teaspoon of mayonnaise. A tablespoon of jelly has 50 calories. If you are watching your weight, leave off or cut down on these foods but continue to eat some bread each day.

Enriched and whole-grain breads and cereals have important amounts of 3 B vitamins--niacin, thiamin, and riboflavin--and of iron. They also add some protein to the diet. A single serving does not have a lot of any one of these nutrients but they add up as we eat several servings in a day. Whole-grain breads and cereals add fiber to the diet.



Get the most from your money when you buy bread. Look at the weight of the loaf or package. A large loaf does not always weigh more or contain more food value than a smaller loaf. Some loaf breads are soft, spongy, and light in weight for the size of the loaf; others are firmer and more compact. The nutrition information panel on the label can help you in comparing breads.

Rolls, whether hamburger, hot dog, or dinner rolls, usually cost more than loaf bread if you compare weights.

Speciality breads such as pumpernickel, raisin, and French cost more than plain white bread.

Look for the word "enriched" on white breads and flours. When wheat is ground into white flour, some of the vitamins and minerals are removed along with the bran. Iron, niacin, thiamin, and riboflavin are put back in products which are labeled enriched.

Day-old bread may cost a third less than fresh bread. It may be firmer and more crumbly but it can be used in many ways. Toast it for breakfast or sandwiches or use it in one of these recipes.

Coating Mix

2 cups fine dry bread crumbs
1 tablespoon salt
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{2}$ teaspoon thyme
2 tablespoons onion powder
2 teaspoon poultry seasoning
 $\frac{1}{2}$ teaspoon paprika
 $\frac{1}{8}$ teaspoon cayenne

Store in tightly covered container. Makes 2 $\frac{1}{3}$ cups coating mix.

To use, dip chicken pieces, pork chops, or fish fillets in milk, then in coating mix. Shake off excess coating mix. Bake or fry.

French Toast

Dip slices of bread in scrambled egg mixture (1 egg, 1 tablespoon milk, and $\frac{1}{8}$ teaspoon salt). Brown on both sides in a small amount of fat in a skillet or on a griddle. Serve with sirup, jelly, honey, confectioners' sugar, or fruit.

Dry Bread Crumbs

Dry slices of bread enough to crush. Put one or two slices of dry bread in a plastic bag and crush with a rolling pin. The bag keeps the crumbs in one place. One slice of bread makes about $\frac{1}{4}$ cup of dry crumbs.

Use to bread meat, poultry, and fish or as a topping for casseroles.

Bread Pudding

2 eggs, slightly beaten
 $2\frac{1}{4}$ cups milk
1 teaspoon vanilla
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon salt
2 cups 1-inch bread cubes
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup raisins

Combine all ingredients and pour into an 8-inch casserole or cake pan. Bake at 350°F about 45 minutes or till knife inserted in middle comes out clean.