

# Bread Bowls

 Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



406 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 pound bread dough frozen thawed
- 1 eggs beaten

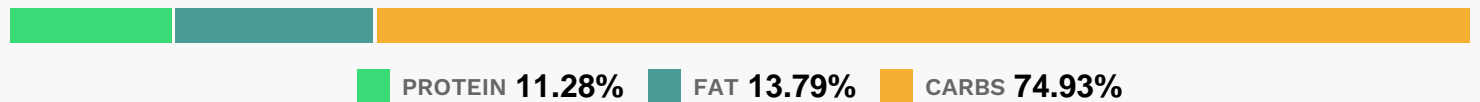
## Equipment

- baking sheet
- oven
- plastic wrap

## Directions

- Cut loaf into three equal portions; form each into a ball.
- Place 4 in. apart on a greased baking sheet. Cover with plastic wrap that has been sprayed with cooking spray.
- Let rise in a warm place until doubled, about 2–3 hours.
- Brush with egg.
- Bake at 350° for 25 minutes or until golden brown. Cool.
- Cut the top fourth off each loaf; carefully hollow out top and bottom, leaving 1/2-in. shell. (Discard bread from inside or save to make croutons or bread crumbs.) Fill with soup, dip or salsa. Replace top if desired.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:1.8599999979462%

## Nutrients (% of daily need)

Calories: 406.15kcal (20.31%), Fat: 5.82g (8.96%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 71.21g (23.74%), Net Carbohydrates: 68.27g (24.82%), Sugar: 0.05g (0.06%), Cholesterol: 54.56mg (18.19%), Sodium: 731.92mg (31.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.45%), Fiber: 2.95g (11.79%), Selenium: 4.5µg (6.43%), Vitamin B2: 0.07mg (3.94%), Phosphorus: 29.04mg (2.9%), Vitamin B5: 0.22mg (2.25%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%), Folate: 6.89µg (1.72%), Vitamin A: 79.2IU (1.58%), Iron: 0.26mg (1.43%), Zinc: 0.19mg (1.26%), Vitamin B6: 0.02mg (1.25%), Vitamin E: 0.15mg (1.03%)