



## Bread Machine Crusty Homemade Bread Bowls

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



162 min.

SERVINGS



6

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 teaspoons yeast dry quick
- 1 egg yolk
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 cup water
- 1 tablespoon water
- 2.8 cups yukon gold potatoes for flour

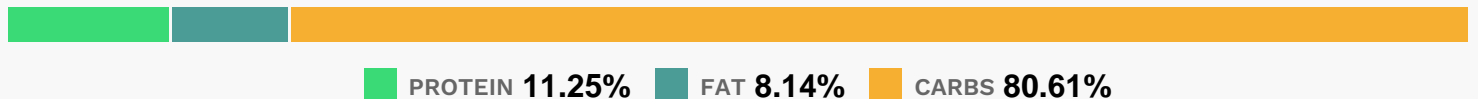
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack
- bread machine

## Directions

- Measure carefully, placing all ingredients except egg yolk and 1 tablespoon water in bread machine pan in the order recommended by the manufacturer.
- Select Dough/Manual cycle. Do not use delay cycle.
- Remove dough from pan, using lightly floured hands. Cover and let rest 10 minutes on lightly floured surface.
- Grease outsides of six 10-ounce custard cups.
- Place cups upside down on ungreased cookie sheet. Divide dough into 6 equal pieces.
- Roll or pat each piece into 7-inch circle on lightly floured surface. Shape dough circles over outsides of cups. Cover and let rise in warm place 15 to 20 minutes or until slightly puffy.
- Heat oven to 375F.
- Mix egg yolk and 1 tablespoon water; brush gently over bread bowls.
- Bake 18 to 22 minutes or until golden brown. Carefully lift bread bowls from custard cups-- bread and cups will be hot. Cool bread bowls upright on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:25.64, Glycemic Load:15.26, Inflammation Score:-3, Nutrition Score:6.6891304513682%

## Flavonoids

Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

## **Nutrients (% of daily need)**

Calories: 103.38kcal (5.17%), Fat: 0.96g (1.47%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 21.36g (7.12%), Net Carbohydrates: 18.77g (6.83%), Sugar: 2.86g (3.18%), Cholesterol: 32.4mg (10.8%), Sodium: 398.04mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Vitamin C: 21.36mg (25.9%), Vitamin B6: 0.34mg (17.1%), Potassium: 467.33mg (13.35%), Vitamin B1: 0.18mg (11.84%), Fiber: 2.59g (10.38%), Folate: 39.93µg (9.98%), Manganese: 0.17mg (8.55%), Phosphorus: 78.46mg (7.85%), Vitamin B3: 1.46mg (7.28%), Copper: 0.13mg (6.5%), Magnesium: 25.94mg (6.48%), Iron: 0.95mg (5.27%), Vitamin B5: 0.52mg (5.16%), Vitamin B2: 0.08mg (4.83%), Zinc: 0.45mg (3%), Selenium: 2.08µg (2.97%), Vitamin K: 2.08µg (1.99%), Calcium: 18.63mg (1.86%), Vitamin D: 0.16µg (1.08%)