



## Bread Machine Leek and Walnut Bread



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 3 cups bread flour
- ☐ 24 servings cornmeal
- ☐ 0.5 cup leeks finely chopped
- ☐ 1 tablespoon oregano leaves fresh chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 cup walnuts chopped
- ☐ 0.5 cup flour whole-wheat

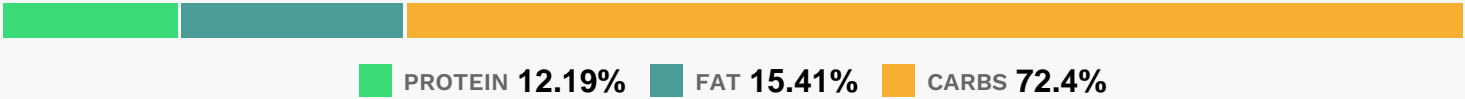
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ bread machine

## Directions

- ☐ Add bread flour, whole-wheat flour, 1 1/2 cups water, oregano leaves, salt, and yeast to bread machine according to manufacturer's directions. Select dough cycle. At end of cycle, scrape dough onto a lightly floured board. Knead in leeks and walnuts.
- ☐ Scrape dough onto a well-floured board and knead briefly to expel air. With lightly floured hands, gather into a ball, then stretch and tuck edges under to shape into a smooth oval with slightly tapered ends (about 8 in. long and 4 in. wide in the center).
- ☐ Place loaf on a well-floured surface, dust lightly with flour, cover loosely with plastic wrap, and let rise at room temperature until it's slightly puffy and holds the imprint of a finger when lightly pressed, about 1 1/2 hours.
- ☐ Sprinkle a 13- by 17-inch baking sheet generously with cornmeal.
- ☐ Transfer loaf to sheet. With a sharp knife, make three diagonal slashes 1 inch deep and 1 to 2 inches apart across loaf top.
- ☐ Place sheet on rack in lower third of a 450 regular or convection oven.
- ☐ Or, if using a baking stone, gently slide edge of cornmeal-covered baking sheet under loaf and lift it onto end of sheet. Slash as directed above, then gently slide loaf onto one side of stone in oven.
- ☐ Spray 3 to 4 squirts of water on floor or sides of oven, taking care not to spray near heating element or lightbulb, then quickly close door.
- ☐ Bake bread, spraying twice more at 5-minute intervals during the first 10 minutes of baking, until crust is well browned, 35 to 45 minutes total.
- ☐ Transfer loaf to a rack to cool for at least 1 hour. Store in a paper bag at room temperature up to 2 days. To recrisp the crust, place loaf directly on a rack in a 400 oven and bake for about 5 minutes.

# Nutrition Facts



## Properties

Glycemic Index:8.02, Glycemic Load:11.79, Inflammation Score:-3, Nutrition Score:3.9243478515874%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

## Nutrients (% of daily need)

Calories: 116.25kcal (5.81%), Fat: 2g (3.07%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 19.27g (7.01%), Sugar: 0.34g (0.38%), Cholesterol: 0mg (0%), Sodium: 98.21mg (4.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Manganese: 0.37mg (18.26%), Selenium: 8.47µg (12.1%), Fiber: 1.87g (7.46%), Vitamin B1: 0.08mg (5.56%), Magnesium: 21.79mg (5.45%), Phosphorus: 54.4mg (5.44%), Copper: 0.09mg (4.66%), Vitamin B6: 0.09mg (4.65%), Folate: 17.48µg (4.37%), Iron: 0.7mg (3.88%), Zinc: 0.58mg (3.88%), Vitamin B3: 0.64mg (3.2%), Vitamin K: 2.33µg (2.21%), Potassium: 71.91mg (2.05%), Vitamin B2: 0.03mg (2.04%), Vitamin B5: 0.18mg (1.83%), Vitamin E: 0.18mg (1.22%)