



5%  
HEALTH SCORE

## Cheesy Italian Bread

READY IN



40 min.

SERVINGS



16

CALORIES



107 kcal

BREAD

### Ingredients

- 0.3 ounces yeast dry
- 1.3 cups water (110° to 115°)
- 3 cups flour all-purpose divided
- 2 tablespoons sugar
- 0.5 teaspoon salt
- 1 teaspoon garlic salt
- 0.5 cup pecorino cheese grated
- 1 serving cornmeal

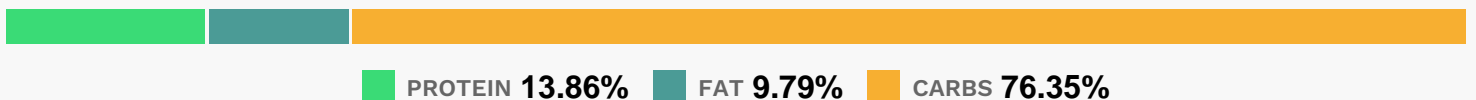
## Equipment

- bowl
- baking sheet
- oven
- knife
- baking pan

## Directions

- In a large bowl, dissolve yeast in warm water.
- Add 2 cups flour and the sugar, salt, garlic salt and Romano cheese. Beat until smooth. Stir in enough remaining flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down. Turn onto a lightly floured surface; divide in half. Shape each half into a 14-in. loaf.
- Place on a greased baking sheet that has been sprinkled with cornmeal. Cover and let rise until doubled, about 45 minutes. Arrange 1 oven rack at lowest rack setting; place second rack in middle of oven. Preheat oven to 400°.
- Brush loaves with water. Make 3 diagonal slashes about 1/2 in. deep with a very sharp knife in each loaf.
- Fill a 13x9-in. baking pan with 1 in. of hot water and place on bottom oven rack.
- Place prepared sheet with loaves on middle oven rack.
- Bake until golden brown, 20–25 minutes.
- Remove to wire racks to cool.

## Nutrition Facts



## Properties

Glycemic Index:15.04, Glycemic Load:14.29, Inflammation Score:-2, Nutrition Score:4.1682608422378%

## Nutrients (% of daily need)

Calories: 107.02kcal (5.35%), Fat: 1.15g (1.76%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 19.32g (7.03%), Sugar: 1.59g (1.77%), Cholesterol: 3.25mg (1.08%), Sodium: 257.17mg (11.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.31%), Vitamin B1: 0.24mg (15.72%), Folate: 53.69µg (13.42%), Selenium: 8.48µg (12.11%), Vitamin B2: 0.15mg (8.58%), Manganese: 0.17mg (8.32%), Vitamin B3: 1.58mg (7.9%), Iron: 1.14mg (6.35%), Phosphorus: 53.29mg (5.33%), Calcium: 37.64mg (3.76%), Fiber: 0.81g (3.24%), Copper: 0.04mg (2.07%), Zinc: 0.3mg (2.01%), Magnesium: 7.54mg (1.88%), Vitamin B5: 0.18mg (1.79%), Vitamin B6: 0.02mg (1.17%)