



Chewy Italian Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



237 kcal

BREAD

Ingredients

- 2 packages yeast dry
- 1 egg white lightly beaten
- 7 cups flour all-purpose divided
- 2 tablespoons olive oil
- 2 teaspoons salt
- 1 tablespoon sesame seed
- 2 cups skim milk
- 2 tablespoons sugar divided

- 0.3 cup warm water (105° to 115°)
- 2 teaspoons water

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- blender

Directions

- Dissolve yeast in warm water in a large bowl.
- Add 1 teaspoon sugar; let stand 5 minutes.
- Add remaining 5 teaspoons sugar, 4 1/2 cups flour, milk, oil, and salt; beat at medium speed of a mixer until smooth. Stir in 2 cups flour to form a soft dough. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, one tablespoon at a time, to prevent dough from sticking to hands.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk. Punch dough down, and divide in half. Working with 1 portion at a time (cover remaining dough to keep from drying out), roll each portion into a 14 x 10-inch rectangle on a lightly floured surface.
- Roll up each rectangle tightly, starting with a long edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- Place rolls, seam side down, on a large baking sheet coated with cooking spray. Cover and let rise 30 minutes or until doubled in bulk.
- Uncover dough; using a sharp knife, make 4 diagonal cuts 1/4 inch deep across tops of loaves.
- Combine 2 teaspoons water and egg white; brush over loaves.
- Sprinkle with poppy seeds.
- Bake at 375 for 30 minutes or until loaves sound hollow when tapped.
- Remove from pan; let cool on wire racks.

Nutrition Facts

■ PROTEIN 12.56% ■ FAT 10.13% ■ CARBS 77.31%

Properties

Glycemic Index:13.33, Glycemic Load:31.76, Inflammation Score:-4, Nutrition Score:9.8165216964224%

Nutrients (% of daily need)

Calories: 237.4kcal (11.87%), Fat: 2.63g (4.05%), Saturated Fat: 0.38g (2.41%), Carbohydrates: 45.22g (15.07%), Net Carbohydrates: 43.44g (15.8%), Sugar: 3.21g (3.56%), Cholesterol: 0.92mg (0.31%), Sodium: 308.28mg (13.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.69%), Vitamin B1: 0.55mg (36.45%), Folate: 121.73µg (30.43%), Selenium: 19.78µg (28.25%), Vitamin B2: 0.35mg (20.88%), Manganese: 0.39mg (19.5%), Vitamin B3: 3.64mg (18.21%), Iron: 2.64mg (14.69%), Phosphorus: 100.83mg (10.08%), Fiber: 1.77g (7.08%), Calcium: 54.28mg (5.43%), Copper: 0.11mg (5.26%), Vitamin B5: 0.47mg (4.71%), Magnesium: 18.2mg (4.55%), Zinc: 0.63mg (4.21%), Potassium: 123.52mg (3.53%), Vitamin B12: 0.18µg (3%), Vitamin B6: 0.06mg (2.95%), Vitamin D: 0.34µg (2.25%), Vitamin E: 0.29mg (1.91%), Vitamin A: 62.52IU (1.25%), Vitamin K: 1.22µg (1.16%)