



Ciabatta



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1100 min.

SERVINGS



24

CALORIES



67 kcal

Ingredients

- 0.3 teaspoon yeast dry
- 0.8 teaspoon yeast dry
- 24 servings cornmeal
- 1.5 teaspoons salt
- 2 teaspoons vegetable oil
- 0.5 cup water
- 0.8 cup water
- 1 cup yukon gold potatoes for flour
- 2.3 cups yukon gold potatoes for flour

Equipment

- food processor
- bowl
- baking sheet
- oven
- wire rack
- plastic wrap
- hand mixer
- spatula

Directions

- In small bowl, stir starter ingredients until well blended. Cover with plastic wrap; let stand at room temperature 12 to 24 hours.
- In large bowl, mix starter and all bread ingredients except cornmeal with heavy-duty electric mixer using dough hook on medium speed 4 minutes or in food processor fitted with metal blade for 1 minute. Dough will be very sticky.
- Grease medium bowl with shortening or cooking spray.
- Place dough in bowl, turning dough to grease all sides. Cover bowl loosely with plastic wrap; let rise at room temperature about 1 hour 30 minutes or until double in size. Dough is ready if indentation remains when touched. Gently stir down dough with rubber spatula. Cover with plastic wrap; let rise 1 hour longer.
- On generously floured surface, divide dough in half. Gently press each half with floured fingers into 10x4-inch rectangle.
- Sprinkle cornmeal over large cookie sheet; place loaves 3 inches apart on cornmeal. Using spray bottle with fine mist, spray tops of loaves with cool water. Cover loosely with plastic wrap; let rise 1 hour 30 minutes to 2 hours or until almost double in size.
- Heat oven to 425F. Using spray bottle with fine mist, spray tops of loaves with cool water.
- Bake 18 to 22 minutes or until loaves sound hollow when tapped.
- Remove from cookie sheet to cooling rack. Cool completely, about 1 hour.

Nutrition Facts

PROTEIN 9.98% FAT 13.35% CARBS 76.67%

Properties

Glycemic Index:9.83, Glycemic Load:8.45, Inflammation Score:-1, Nutrition Score:2.9317391220804%

Flavonoids

Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 66.81kcal (3.34%), Fat: 1g (1.54%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 11.26g (4.09%), Sugar: 0.41g (0.45%), Cholesterol: 0mg (0%), Sodium: 148.35mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.37%), Vitamin B6: 0.16mg (7.77%), Vitamin C: 6.31mg (7.65%), Fiber: 1.68g (6.72%), Manganese: 0.11mg (5.69%), Potassium: 168.35mg (4.81%), Vitamin B1: 0.07mg (4.66%), Magnesium: 18.27mg (4.57%), Phosphorus: 41.59mg (4.16%), Vitamin B3: 0.64mg (3.18%), Iron: 0.55mg (3.07%), Copper: 0.06mg (3.07%), Folate: 11.56µg (2.89%), Zinc: 0.41mg (2.77%), Vitamin B5: 0.17mg (1.72%), Vitamin B2: 0.02mg (1.46%), Vitamin K: 1.32µg (1.26%), Selenium: 0.71µg (1.01%)