



Classic French Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



116 kcal

Ingredients

- ☐ 3 cups bread flour
- ☐ 2.5 teaspoons yeast dry
- ☐ 1 large egg white
- ☐ 1 teaspoon salt
- ☐ 1 cup warm water (105° to 115°)
- ☐ 1 tablespoon water

Equipment

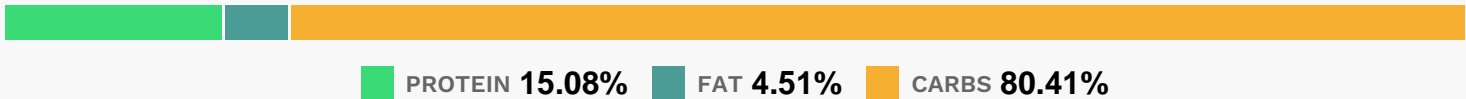
- ☐ food processor
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Dissolve the yeast in warm water in a small bowl; let stand 5 minutes.
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Place the flour and salt in a food processor, and pulse 2 times or until blended. With the food processor on, slowly add yeast mixture through food chute, and process until the dough forms a ball. Process for 1 additional minute. Turn the dough out onto a lightly floured surface, and knead lightly 4 to 5 times.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover dough, and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- ☐ Punch dough down, and shape into a 6-inch round loaf.
- ☐ Place loaf on a baking sheet coated with cooking spray. Cover dough and let rise 30 minutes or until doubled in bulk.
- ☐ Preheat oven to 45
- ☐ Uncover dough, and make 3 diagonal cuts 1/4-inch deep across top of loaf using a sharp knife.
- ☐ Combine 1 tablespoon water and egg white, and brush mixture over top of loaf.
- ☐ Bake at 450 for 20 minutes or until loaf sounds hollow when tapped.
- ☐ Note: To make a baguette, let the bread dough rise once. Punch dough down, and roll into an 18 x 9-inch rectangle on a lightly floured surface.
- ☐ Roll up the dough starting at the longer edge, pressing down firmly to eliminate any air pockets; then pinch seam and edges to seal. Cover the dough, let rise, and bake according to the recipe instructions at left.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:14.68, Inflammation Score:-2, Nutrition Score:3.157826113879%

Nutrients (% of daily need)

Calories: 116.35kcal (5.82%), Fat: 0.57g (0.88%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 22.95g (7.65%), Net Carbohydrates: 22.03g (8.01%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 200.36mg (8.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.61%), Selenium: 13.01µg (18.58%), Manganese: 0.25mg (12.52%), Vitamin B1: 0.1mg (6.43%), Folate: 25.59µg (6.4%), Fiber: 0.92g (3.7%), Phosphorus: 34.85mg (3.49%), Vitamin B2: 0.06mg (3.34%), Copper: 0.06mg (3.19%), Vitamin B3: 0.58mg (2.88%), Vitamin B5: 0.23mg (2.3%), Magnesium: 8.68mg (2.17%), Zinc: 0.32mg (2.14%), Iron: 0.3mg (1.66%), Potassium: 41.96mg (1.2%), Vitamin B6: 0.02mg (1.07%)