



## Classic Walnut Boule

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



137 kcal

BREAD

## Ingredients

- ☐ 2.3 cups bread flour divided
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large egg whites
- ☐ 1 tablespoon skim milk fat-free
- ☐ 1.5 teaspoons salt
- ☐ 3 tablespoons sugar
- ☐ 1 tablespoon walnut oil toasted
- ☐ 0.5 cup walnut pieces toasted coarsely chopped

- ☐ 1 cup water (100° to 110°)
- ☐ 1 cup flour whole wheat
- ☐ 2 tablespoons cornmeal yellow

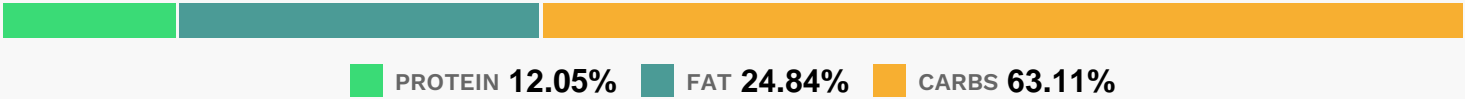
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ measuring cup

## Directions

- ☐ Dissolve sugar and yeast in 1 cup warm water in a large bowl; let stand 5 minutes. Stir in oil. Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Add 5 ounces (about 2 cups) bread flour, whole wheat flour, and salt to yeast mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until dough is smooth and elastic (about 5 minutes); add enough of remaining bread flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- ☐ 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, for 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; knead in walnuts. Shape dough into a 9-inch round on a lightly floured surface.
- ☐ Place dough on a large baking sheet sprinkled with cornmeal. Cover and let rise 1 hour or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Uncover dough.
- ☐ Combine milk and egg white; brush over dough. Score dough by making two diagonal slits with a sharp knife; make two diagonal slits in the opposite direction to create a crosshatch pattern.
- ☐ Bake at 350 for 30 minutes or until bread is browned on bottom and sounds hollow when tapped. Cool on a wire rack.

# Nutrition Facts



## Properties

Glycemic Index:16.18, Glycemic Load:10.44, Inflammation Score:-2, Nutrition Score:4.8030434424139%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

## Nutrients (% of daily need)

Calories: 136.88kcal (6.84%), Fat: 3.86g (5.93%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 22.04g (7.35%), Net Carbohydrates: 20.34g (7.4%), Sugar: 2.51g (2.79%), Cholesterol: 0.03mg (0.01%), Sodium: 223.43mg (9.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Manganese: 0.58mg (28.97%), Selenium: 12.35µg (17.64%), Vitamin B1: 0.12mg (7.78%), Fiber: 1.7g (6.82%), Copper: 0.13mg (6.45%), Phosphorus: 63.39mg (6.34%), Folate: 23.45µg (5.86%), Magnesium: 22.51mg (5.63%), Vitamin B3: 0.8mg (3.99%), Zinc: 0.54mg (3.59%), Vitamin B6: 0.07mg (3.56%), Vitamin B2: 0.06mg (3.4%), Iron: 0.59mg (3.26%), Vitamin B5: 0.22mg (2.17%), Potassium: 74.15mg (2.12%), Calcium: 10.96mg (1.1%), Vitamin E: 0.16mg (1.05%)