



## Crusty French Pistou Bread

READY IN



45 min.

SERVINGS



16

CALORIES



180 kcal

### Ingredients

- ☐ 3.5 cups bread flour
- ☐ 1 tablespoon cornmeal
- ☐ 1 large eggs
- ☐ 1 cup basil fresh chopped
- ☐ 0.5 cup parsley fresh minced
- ☐ 4 garlic clove minced
- ☐ 0.3 cup olive oil
- ☐ 1 cup parmesan cheese grated
- ☐ 1 teaspoons salt
- ☐ 1 tablespoon sugar

- ☐ 1 tablespoon water
- ☐ 1.3 cups water hot (120° to 130°)
- ☐ 0.5 ounce yeast

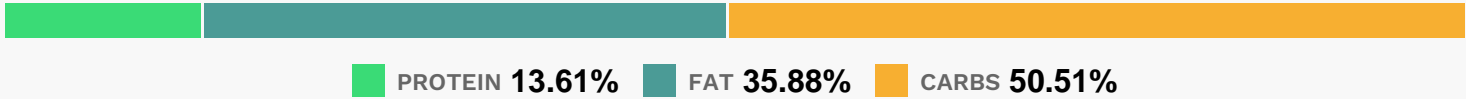
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ hand mixer

## Directions

- ☐ Combine 3 1/2 cups flour and next 3 ingredients; add oil and next 4 ingredients, and beat at low speed with a heavy-duty electric mixer until blended.
- ☐ Add 1 1/3 cups hot water; beat at medium speed until blended. Turn dough out onto a lightly floured surface, and knead until smooth and elastic (5 to 10 minutes), adding remaining flour as needed.
- ☐ Place dough in a well-greased bowl, turning to grease top.
- ☐ Let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Punch dough down; turn out onto a lightly floured surface, and knead lightly 4 or 5 times. Divide dough in half. Shape each portion into a round loaf, and place on a lightly greased baking sheet sprinkled with cornmeal.
- ☐ Cover and let rise in a warm place, free from drafts, 45 minutes or until doubled in bulk. Make 1/2-inch-deep slashes in top of each loaf with a sharp knife.
- ☐ Combine egg and 1 tablespoon water, stirring well; gently brush mixture over loaves.
- ☐ Place a shallow pan on lower oven rack; fill with boiling water.
- ☐ Place loaves on middle rack.
- ☐ Bake at 400 for 25 to 30 minutes or until loaves sound hollow when tapped.
- ☐ Remove from pans immediately; cool on wire racks.

# Nutrition Facts



## Properties

Glycemic Index:21.1, Glycemic Load:13.74, Inflammation Score:-3, Nutrition Score:6.8517391888992%

## Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 179.58kcal (8.98%), Fat: 7.14g (10.98%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 22.6g (7.53%), Net Carbohydrates: 21.55g (7.84%), Sugar: 0.89g (0.99%), Cholesterol: 17.06mg (5.69%), Sodium: 262.55mg (11.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.18%), Vitamin K: 39.9µg (38%), Selenium: 14.23µg (20.33%), Manganese: 0.26mg (13.13%), Folate: 35.7µg (8.93%), Vitamin B1: 0.13mg (8.52%), Phosphorus: 82.46mg (8.25%), Calcium: 68.77mg (6.88%), Vitamin A: 308.63IU (6.17%), Vitamin E: 0.85mg (5.67%), Vitamin B2: 0.09mg (5.42%), Zinc: 0.68mg (4.51%), Fiber: 1.05g (4.22%), Copper: 0.07mg (3.71%), Vitamin C: 3mg (3.64%), Vitamin B3: 0.7mg (3.48%), Vitamin B5: 0.33mg (3.26%), Magnesium: 12.84mg (3.21%), Iron: 0.57mg (3.17%), Vitamin B6: 0.05mg (2.54%), Potassium: 71.54mg (2.04%), Vitamin B12: 0.11µg (1.88%)