



## Easy Bread Bowls

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 pound bread dough frozen thawed
- 1 teaspoon basil dried
- 0.5 teaspoon garlic salt
- 1 tablespoon vegetable oil

## Equipment

- bowl
- baking sheet
- oven

wire rack

## Directions

- Lightly grease outsides of six 10-ounce custard cups with shortening (do not use cooking spray).
- Place cups upside down on large cookie sheet.
- Divide dough into 6 equal pieces. Shape each piece into a ball, then pat into 6- inch round.
- Place rounds over bottoms of custard cups.
- Brush dough with oil.
- Sprinkle with basil and garlic salt. Cover and let rise in warm place 20 minutes.
- Heat oven to 35
- Bake 16 to 20 minutes or until golden brown. Cool 5 minutes; remove from cups and place right side up on wire rack. (Interiors of bread bowls may be slightly moist.)
- To serve, place warm or cooled bread bowls in individual shallow soup or pasta bowls. Spoon soup, stew or chili into bread bowls.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.75869565708158%

## Nutrients (% of daily need)

Calories: 213.01kcal (10.65%), Fat: 4.49g (6.91%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 34.1g (12.4%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 549.47mg (23.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.95%), Vitamin K: 7.03µg (6.69%), Fiber: 1.54g (6.15%), Vitamin E: 0.2mg (1.35%)