



Fabulous French Loaves

 Vegetarian  Dairy Free

READY IN



165 min.

SERVINGS



48

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 ounce active yeast dry
- 6 cups bread flour
- 2 tablespoons cornmeal
- 1 egg white beaten
- 1 tablespoon salt
- 1 tablespoon sesame seed
- 5 tablespoons vegetable oil
- 0.5 cup warm water (110 degrees F)

- 2 cups water
- 1 tablespoon sugar white

Equipment

- bowl
- baking sheet
- oven
- knife

Directions

- In a small bowl, dissolve yeast in warm water.
- Let stand until creamy, about 10 minutes.
- In a large bowl, combine the yeast mixture with 2 cups water, 3 cups flour, salt, sugar and vegetable oil; stir well to combine. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- Divide dough half.
- Roll each half into a 9 x 12 rectangle and roll up jelly roll style, starting at long edge. Seal edges and place seam side down on a large baking sheet that has been sprinkled with cornmeal.
- Use a sharp knife to slash each loaf diagonally 3 times.
- Brush with beaten egg white and sprinkle with sesame seeds. Cover and allow to rise 30 minutes. Meanwhile, preheat oven to 400 degrees F (200 degrees C).
- Bake in preheated oven for 35 minutes, or until golden brown.

Nutrition Facts

 **PROTEIN 11.67%**  **FAT 22.29%**  **CARBS 66.04%**

Properties

Glycemic Index:5.01, Glycemic Load:7.7, Inflammation Score:-1, Nutrition Score:1.7895652076796%

Nutrients (% of daily need)

Calories: 73.73kcal (3.69%), Fat: 1.81g (2.78%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 11.54g (4.2%), Sugar: 0.31g (0.34%), Cholesterol: 0mg (0%), Sodium: 147.5mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Selenium: 6.44µg (9.19%), Manganese: 0.13mg (6.59%), Vitamin B1: 0.05mg (3.17%), Folate: 12.39µg (3.1%), Vitamin K: 2.65µg (2.53%), Fiber: 0.51g (2.05%), Copper: 0.04mg (1.99%), Phosphorus: 19.12mg (1.91%), Vitamin B3: 0.29mg (1.47%), Vitamin B2: 0.02mg (1.46%), Magnesium: 5.29mg (1.32%), Zinc: 0.18mg (1.23%), Vitamin E: 0.18mg (1.2%), Vitamin B5: 0.11mg (1.12%), Iron: 0.19mg (1.03%)