

# French Baguettes



Vegetarian



Dairy Free



Popular

READY IN



110 min.

SERVINGS



2

CALORIES



628 kcal

## Ingredients

- 2.5 cups bread flour
- 1.5 teaspoons bread machine yeast
- 1 egg yolk
- 1 teaspoon salt
- 1 tablespoon water
- 1 tablespoon sugar white

## Equipment

- bowl
- baking sheet

- oven
- bread machine

## Directions

- Place 1 cup water, bread flour, sugar, salt and yeast into bread machine pan in the order recommended by manufacturer. Select Dough cycle, and press Start.
- When the cycle has completed, place dough in a greased bowl, turning to coat all sides. Cover, and let rise in a warm place for about 30 minutes, or until doubled in bulk. Dough is ready if indentation remains when touched.
- Punch down dough. On a lightly floured surface, roll into a 16x12 inch rectangle.
- Cut dough in half, creating two 8x12 inch rectangles.
- Roll up each half of dough tightly, beginning at 12 inch side, pounding out any air bubbles as you go.
- Roll gently back and forth to taper end.
- Place 3 inches apart on a greased cookie sheet. Make deep diagonal slashes across loaves every 2 inches, or make one lengthwise slash on each loaf. Cover, and let rise in a warm place for 30 to 40 minutes, or until doubled in bulk.
- Preheat oven to 375 degrees F (190 degrees C).
- Mix egg yolk with 1 tablespoon water; brush over tops of loaves.
- Bake for 20 to 25 minutes in the preheated oven, or until golden brown.

## Nutrition Facts

 **PROTEIN 13.99%**  **FAT 7.68%**  **CARBS 78.33%**

## Properties

Glycemic Index:68.55, Glycemic Load:77.61, Inflammation Score:-4, Nutrition Score:17.389130437261%

## Nutrients (% of daily need)

Calories: 628.16kcal (31.41%), Fat: 5.28g (8.12%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 121.15g (40.38%), Net Carbohydrates: 116.41g (42.33%), Sugar: 6.52g (7.25%), Cholesterol: 97.2mg (32.4%), Sodium: 1172.51mg (50.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.64g (43.29%), Selenium: 67.4µg (96.29%), Manganese: 1.26mg (62.86%), Folate: 151.21µg (37.8%), Vitamin B1: 0.55mg (36.5%), Phosphorus: 210.21mg (21.02%), Fiber: 4.74g

(18.98%), Vitamin B2: 0.29mg (17.08%), Copper: 0.31mg (15.5%), Vitamin B3: 3.05mg (15.25%), Vitamin B5: 1.45mg (14.53%), Zinc: 1.83mg (12.22%), Magnesium: 41.61mg (10.4%), Iron: 1.75mg (9.69%), Vitamin B6: 0.14mg (7.24%), Potassium: 201.72mg (5.76%), Vitamin E: 0.86mg (5.71%), Calcium: 37.16mg (3.72%), Vitamin D: 0.49µg (3.24%), Vitamin B12: 0.18µg (2.97%), Vitamin A: 132.9IU (2.66%)