



French Bread

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



48 kcal

BREAD

Ingredients

- ☐ 1 egg white
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.3 cups flour all-purpose divided
- ☐ 0.3 cup cup heavy whipping cream sour low-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sesame seed
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup water hot (120° to 130°)

- ☐ 1 tablespoon water
- ☐ 1 teaspoon vinegar white
- ☐ 1.5 teaspoons rapid-rise yeast

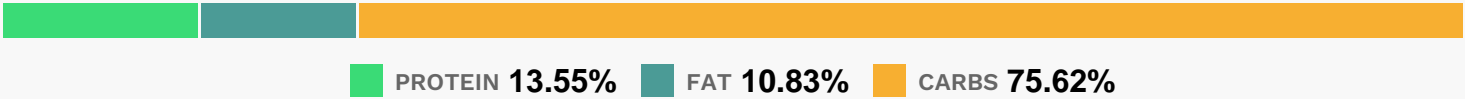
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Combine 1/2 cup flour, yeast, sugar, and salt in a medium bowl, stirring well. Gradually add water, sour cream, and vinegar to flour mixture, beating well at low speed of an electric mixer until blended. Beat an additional 2 minutes at medium speed. Gradually stir in enough of the remaining 3/4 cup plus 2 tablespoons flour to make a soft dough.
- ☐ Sprinkle 1 tablespoon flour evenly over work surface. Turn dough out onto floured surface, and knead until smooth and elastic (about 8 minutes). Cover and let rest for 10 minutes.
- ☐ Punch dough down, and knead lightly 4 or 5 times. Divide dough in half.
- ☐ Roll 1 portion of dough into a 4- x 5-inch rectangle.
- ☐ Roll up dough, starting at long side, pressing firmly to eliminate air pockets; pinch ends to seal.
- ☐ Place dough, seam side down, on a baking sheet coated with cooking spray. Repeat procedure with remaining dough. Cover and let rise in a warm place (85), free from drafts, 20 minutes or until doubled in bulk.
- ☐ Gently make 3 or 4 slits, about 1/4-inch deep, diagonally across each loaf, using a sharp knife coated with cooking spray.
- ☐ Combine egg white and 1 tablespoon water; brush loaves with egg white mixture, and sprinkle with sesame seeds.
- ☐ Bake at 375 for 15 minutes or until loaves are golden and sound hollow when tapped.
- ☐ Remove from baking sheet, and let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:20.34, Glycemic Load:6.22, Inflammation Score:-1, Nutrition Score:2.023913062461%

Nutrients (% of daily need)

Calories: 48.47kcal (2.42%), Fat: 0.57g (0.88%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 8.64g (3.14%), Sugar: 0.32g (0.35%), Cholesterol: 1.34mg (0.45%), Sodium: 45.97mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Vitamin B1: 0.12mg (8.14%), Folate: 27.82µg (6.96%), Selenium: 4.27µg (6.1%), Vitamin B2: 0.08mg (4.7%), Vitamin B3: 0.78mg (3.89%), Manganese: 0.08mg (3.88%), Iron: 0.53mg (2.93%), Phosphorus: 17.23mg (1.72%), Fiber: 0.39g (1.55%), Copper: 0.02mg (1.1%)