



French Bread Femurs



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



710 kcal

BREAD

Ingredients

- ☐ 2 envs. active yeast dry
- ☐ 1 egg white beaten
- ☐ 6 cups flour all-purpose divided
- ☐ 0.3 cup oil
- ☐ 1 tablespoon salt
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup warm water
- ☐ 2 cups water hot

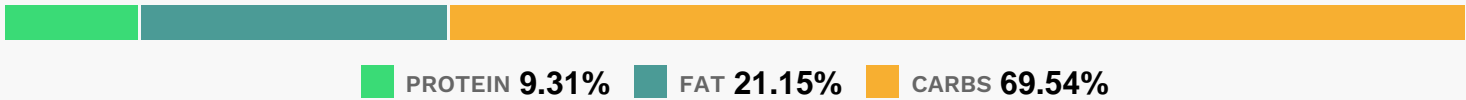
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a cup, dissolve yeast in 1/2 cup warm water; set aside. In a large bowl, combine hot water, sugar, salt, oil and 3 cups flour; stir well. Stir in yeast mixture.
- ☐ Add remaining flour and stir well with a heavy spoon. Leave spoon in the dough; allow dough to rest 10 minutes. Stir; let dough rest another 10 minutes. Repeat this process 3 more times, making 5 times in all. Turn dough onto a lightly floured board. Knead just enough to coat dough with flour; divide dough into 5 equal balls.
- ☐ Roll out each ball into a 5-inch by 8-inch rectangle; roll up lengthwise, pinching together seams. Pinch and form ends to resemble the end of a bone.
- ☐ Place loaves seam-side down on 2 greased baking sheets, allowing room for both to rise. Cover; let rise in a warm place for 30 minutes, or until double in bulk.
- ☐ Brush with egg white.
- ☐ Bake at 400 degrees for about 30 minutes, or until crusty and golden.
- ☐ Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:87.84, Inflammation Score:-7, Nutrition Score:22.478695469058%

Nutrients (% of daily need)

Calories: 710.15kcal (35.51%), Fat: 16.47g (25.33%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 121.84g (40.61%), Net Carbohydrates: 117.69g (42.8%), Sugar: 7.63g (8.48%), Cholesterol: 0mg (0%), Sodium: 1414.44mg (61.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.62%), Vitamin B1: 1.22mg (81.45%), Selenium: 52.13µg (74.47%), Folate: 284.1µg (71.03%), Manganese: 1.03mg (51.44%), Vitamin B2: 0.78mg (46.16%), Vitamin B3: 9.02mg (45.12%), Iron: 6.99mg (38.83%), Vitamin E: 2.7mg (18.02%), Fiber: 4.16g (16.63%), Phosphorus: 165.45mg (16.54%),

Copper: 0.24mg (11.98%), Vitamin K: 11.1µg (10.57%), Magnesium: 35.09mg (8.77%), Zinc: 1.1mg (7.33%), Vitamin B5: 0.72mg (7.22%), Potassium: 174.53mg (4.99%), Vitamin B6: 0.07mg (3.62%), Calcium: 27.52mg (2.75%)