



French Bread with Kalamata Olives and Thyme

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



266 kcal

Ingredients

- 4 cups flour ()
- 2 teaspoons butter
- 1 egg whites beaten to blend
- 2 teaspoons thyme sprigs fresh chopped
- 4 ounces kalamata olives black pitted chopped
- 16 servings olive oil
- 2 teaspoons salt
- 2 teaspoons sugar
- 1 cup water room temperature

- 1 cup milk whole
- 2 teaspoons yeast dry (for do-ahead version) (for same-day version)

Equipment

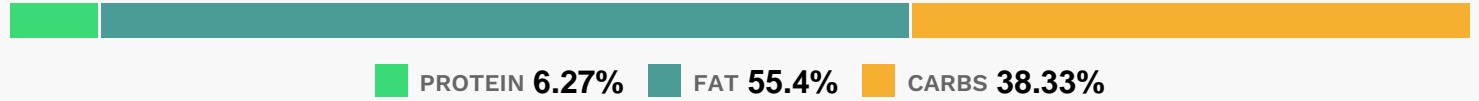
- bowl
- baking sheet
- sauce pan
- oven
- plastic wrap

Directions

- Bring milk to simmer in small saucepan.
- Add butter and sugar; stir until butter melts.
- Pour mixture into large bowl.
- Add 1 cup room-temperature water and cool mixture until lukewarm (85°F to 95°F), about 10 minutes.
- Add yeast; stir to blend. Stir in olives, thyme and salt.
- Add 1 cup flour. Using wood spoon, stir until flour is incorporated.
- Add 3 cups flour, 1 cup at a time, and stir vigorously with wood spoon until incorporated after each addition. If necessary, add up to 1/2 cup more flour until dough is smooth and begins to pull away from sides of bowl. Oil large bowl.
- Let dough rise in warm draft-free area until doubled in volume, about 45 minutes (do not punch down dough).
- Position rack in center of oven and preheat to 500°F. Oil large baking sheet. Turn dough out onto floured work surface (to avoid deflating, do not punch down dough and do not knead dough). Divide dough into 2 equal pieces. Gently form (do not knead) each piece into baguette 15 inches long by 2 1/4 to 2 1/2 inches wide (dough will not be smooth).
- Transfer baguettes to prepared baking sheet, spacing evenly apart. Cover loosely with plastic wrap.
- Let rise in warm draft-free area until slightly puffed, about 30 minutes for refrigerated dough and 15 minutes for room-temperature dough.

- Brush top of each loaf lightly with egg white. Generously spray inside of oven with water (about 8 sprays); immediately place loaves in oven.
- Bake 10 minutes. Reduce oven temperature to 400°F and continue to bake until loaves are deep golden and sound hollow when tapped, about 35 minutes. Cool on rack.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:17.88, Inflammation Score:-5, Nutrition Score:6.5291304277337%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg

Nutrients (% of daily need)

Calories: 265.83kcal (13.29%), Fat: 16.42g (25.27%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 24.35g (8.85%), Sugar: 1.37g (1.52%), Cholesterol: 3.17mg (1.06%), Sodium: 416.04mg (18.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Vitamin B1: 0.3mg (19.89%), Folate: 66.71µg (16.68%), Selenium: 11.36µg (16.23%), Vitamin E: 2.33mg (15.51%), Vitamin B2: 0.2mg (11.83%), Manganese: 0.22mg (11.01%), Vitamin B3: 2.04mg (10.2%), Iron: 1.62mg (9%), Vitamin K: 8.71µg (8.3%), Phosphorus: 52.61mg (5.26%), Fiber: 1.22g (4.87%), Copper: 0.06mg (2.99%), Calcium: 29.31mg (2.93%), Magnesium: 10.47mg (2.62%), Vitamin B5: 0.25mg (2.53%), Zinc: 0.32mg (2.15%), Potassium: 67.94mg (1.94%), Vitamin A: 80.05IU (1.6%), Vitamin B6: 0.03mg (1.6%), Vitamin B12: 0.09µg (1.42%), Vitamin D: 0.17µg (1.12%)