



# French Country Bread With Currants and Rosemary

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



83 kcal

BREAD

## Ingredients

- 1 cup bread flour
- 2 tablespoons bread flour
- 0.3 cup currants
- 2 tablespoons rosemary dried
- 0.3 cup regular oats
- 0.5 cup rye flour
- 1.5 teaspoons salt

- 16 servings basic sponge at room temperature
- 0.8 cup water
- 1 cup flour whole-wheat

## Equipment

- food processor
- frying pan
- baking sheet
- oven
- knife
- wire rack
- measuring cup

## Directions

- Lightly spoon 1 cup bread flour and whole-wheat flour into dry measuring cups; level with a knife.
- Combine with sponge and next 4 ingredients (sponge through salt) in a food processor; process until dough forms a ball. Process dough 1 additional minute. Turn dough out onto a lightly floured surface, and knead in currants, 2 tablespoons bread flour, and rosemary. Shape into a 9-inch round loaf, and place loaf on a baking sheet coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- Preheat oven to 37
- Uncover loaf, and make a tic-tac-toe slash 1/4-inch deep across top of loaf using a sharp knife.
- Bake at 375 for 40 minutes or until loaf sounds hollow when tapped.
- Remove from pan, and cool on a wire rack.

## Nutrition Facts



**PROTEIN 12.59%** **FAT 5.61%** **CARBS 81.8%**

## Properties

Glycemic Index:16.81, Glycemic Load:4.82, Inflammation Score:-1, Nutrition Score:3.7213043169645%

## Nutrients (% of daily need)

Calories: 83.04kcal (4.15%), Fat: 0.53g (0.82%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 15.74g (5.72%), Sugar: 1.87g (2.08%), Cholesterol: 1.02mg (0.34%), Sodium: 226.35mg (9.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Manganese: 0.51mg (25.73%), Selenium: 9.03µg (12.9%), Fiber: 1.73g (6.9%), Phosphorus: 51.34mg (5.13%), Vitamin B1: 0.07mg (4.46%), Magnesium: 17.79mg (4.45%), Copper: 0.07mg (3.64%), Iron: 0.63mg (3.49%), Vitamin B3: 0.59mg (2.93%), Vitamin B6: 0.06mg (2.75%), Zinc: 0.41mg (2.72%), Folate: 9.12µg (2.28%), Potassium: 73.32mg (2.09%), Vitamin B2: 0.03mg (1.77%), Vitamin B5: 0.12mg (1.19%), Calcium: 11.62mg (1.16%)