



Hazelnut Bread



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



128 kcal

Ingredients

- ☐ 3 cups bread flour divided
- ☐ 2 tablespoons brown sugar packed
- ☐ 1 teaspoon cornmeal
- ☐ 2.3 teaspoons yeast dry
- ☐ 0.8 cup hazelnuts chopped
- ☐ 1.3 teaspoons salt
- ☐ 1.5 cups water boiling

Equipment

- ☐ bowl

- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ measuring cup

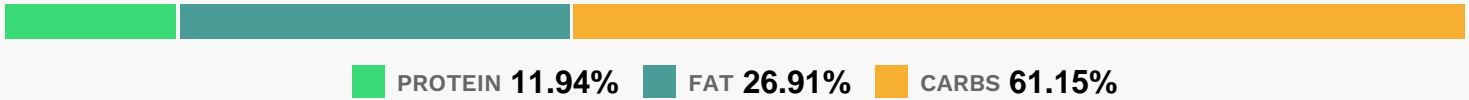
Directions

- ☐ Preheat oven to 350.
- ☐ Spread hazelnuts in an even layer on a baking sheet. Cook at 350 for 10 minutes or until light brown.
- ☐ Remove from heat; transfer to a small bowl.
- ☐ Pour boiling water over hazelnuts; cover and let stand 20 minutes. Strain hazelnut mixture through a sieve into a bowl, reserving liquid and nuts.
- ☐ Spread nuts in an even layer on a double thickness of paper towels; pat lightly with additional paper towels to dry. Set aside.
- ☐ Place reserved liquid in a small saucepan; heat until warm (100 to 104°F).
- ☐ Transfer reserved liquid to a large bowl.
- ☐ Add sugar and yeast, stirring well with a whisk; let stand for 5 minutes.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 2 3/4 cups flour and salt; stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky). Cover dough; let rest 10 minutes. Uncover; knead in reserved hazelnuts.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°F), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Shape dough into a 9-inch oval; place on a baking sheet sprinkled with cornmeal.

Lightly spray surface of dough with cooking spray; cover.

- ☐ Let rise in a warm place (85), free from drafts, 30 minutes or until doubled in size.
- ☐ Preheat oven to 37
- ☐ Bake at 375 for 30 minutes or until browned on bottom and sounds hollow when tapped. Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:9.41, Glycemic Load:11.13, Inflammation Score:-2, Nutrition Score:4.3134782330497%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 127.54kcal (6.38%), Fat: 3.85g (5.92%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 18.44g (6.71%), Sugar: 1.77g (1.97%), Cholesterol: 0mg (0%), Sodium: 183.9mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Manganese: 0.54mg (26.83%), Selenium: 9.5µg (13.57%), Copper: 0.15mg (7.3%), Vitamin B1: 0.1mg (6.89%), Vitamin E: 0.94mg (6.25%), Folate: 24.39µg (6.1%), Fiber: 1.24g (4.95%), Phosphorus: 42.17mg (4.22%), Magnesium: 15.76mg (3.94%), Iron: 0.5mg (2.78%), Vitamin B3: 0.52mg (2.58%), Zinc: 0.38mg (2.53%), Vitamin B6: 0.05mg (2.41%), Vitamin B2: 0.04mg (2.24%), Vitamin B5: 0.22mg (2.16%), Potassium: 68.3mg (1.95%), Calcium: 12.09mg (1.21%)