



Italian Bread Baked on a Pizza Stone

 Vegetarian  Dairy Free

READY IN



180 min.

SERVINGS



48

CALORIES



36 kcal

Ingredients

- 0.3 ounce active yeast dry
- 2 tablespoons cornmeal
- 1 eggs
- 1 tablespoon brown sugar light
- 1.5 tablespoons olive oil
- 1.5 teaspoons salt
- 3 cups unbleached flour
- 1 tablespoon water
- 1.3 cups warm water (110 degrees F/45 degrees C)

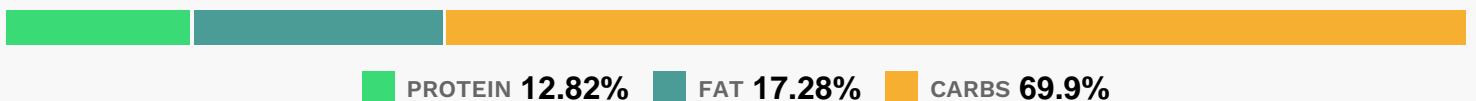
Equipment

- bowl
- frying pan
- oven
- knife
- spatula
- cutting board
- bread machine
- pizza stone

Directions

- Place flour, brown sugar, warm water, salt, olive oil and yeast in the pan of the bread machine in the order recommended by the manufacturer. Select dough cycle; press Start.
- Place pizza stone in oven and preheat to 375 degrees F (190 degrees C). Oven must be preheated at least 30 minutes before baking.
- Deflate the dough and turn it out onto a lightly floured surface. Form dough into two loaves.
- Place the loaves seam side down on a cutting board generously sprinkled with cornmeal. Cover the loaves with a damp cloth and let rise until doubled in volume, about 40 minutes.
- In a small bowl, beat together egg and 1 tablespoon water.
- Brush the risen loaves with egg mixture. Make a single long, quick cut down the center of the loaves with a sharp knife. Gently shake the cutting board to make sure that the loaves are not sticking. If they stick, use a spatula or pastry knife to loosen. Slide the loaves onto the pizza stone with one quick but careful motion.
- Bake in preheated oven for 30 to 35 minutes, or until loaves sound hollow when tapped on the bottom.

Nutrition Facts



Properties

Glycemic Index:2.82, Glycemic Load:3.85, Inflammation Score:-1, Nutrition Score:0.92086955710598%

Nutrients (% of daily need)

Calories: 36.41kcal (1.82%), Fat: 0.69g (1.06%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 6.28g (2.09%), Net Carbohydrates: 6.02g (2.19%), Sugar: 0.28g (0.31%), Cholesterol: 3.41mg (1.14%), Sodium: 74.64mg (3.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Selenium: 3.42µg (4.89%), Manganese: 0.07mg (3.28%), Folate: 6.61µg (1.65%), Vitamin B1: 0.02mg (1.61%), Phosphorus: 11.28mg (1.13%), Fiber: 0.27g (1.07%)