



Italian Bread Bowls



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 ounce yeast dry
- ☐ 1 tablespoon cornmeal
- ☐ 1 egg whites
- ☐ 7 cups flour all-purpose
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon water
- ☐ 2.5 cups water (105° to 115°)

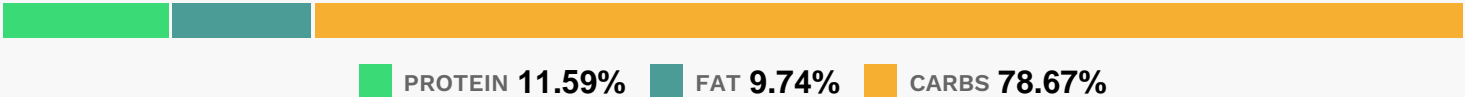
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Stir together 2 1/2 cups water and yeast in a large bowl; let stand 5 minutes. Stir in salt and oil.
- ☐ Add flour gradually, beating at medium speed with an electric mixer until a soft dough forms.
- ☐ Turn dough out onto a floured surface; knead until smooth and elastic (4 to 6 minutes).
- ☐ Place in a lightly greased bowl, turning to grease top. Cover and let rise in a warm place (85), free from drafts, 35 minutes or until doubled in bulk.
- ☐ Punch dough down, and divide into 8 equal portions. Shape each portion into a 4-inch round loaf.
- ☐ Place loaves on lightly greased baking sheets sprinkled with cornmeal.
- ☐ Cover and let rise in a warm place (85), free from drafts, 35 minutes or until doubled in bulk.
- ☐ Stir together egg white and 1 tablespoon water; brush over loaves.
- ☐ Bake at 400 for 15 minutes.
- ☐ Brush with remaining egg mixture, and bake 10 to 15 more minutes or until golden. Cool on wire racks. Freeze up to 1 month, if desired.
- ☐ Cut a 1/2-inch-thick slice from top of each loaf; scoop out centers, leaving 3/4-inch-thick shells. (Reserve centers for other uses.) Fill bread bowls with hot soup, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:60.93, Inflammation Score:-6, Nutrition Score:17.442608536343%

Nutrients (% of daily need)

Calories: 440.69kcal (22.03%), Fat: 4.69g (7.21%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 85.13g (28.38%), Net Carbohydrates: 81.59g (29.67%), Sugar: 0.34g (0.38%), Cholesterol: 0mg (0%), Sodium: 594.53mg (25.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.55g (25.09%), Vitamin B1: 1.06mg (70.49%), Folate: 242.19µg (60.55%), Selenium: 38.04µg (54.35%), Manganese: 0.76mg (38.07%), Vitamin B2: 0.63mg (36.99%), Vitamin B3: 7.2mg (36.02%), Iron: 5.16mg (28.66%), Fiber: 3.55g (14.19%), Phosphorus: 132.79mg (13.28%), Copper: 0.18mg (9.08%), Vitamin B5: 0.73mg (7.33%), Magnesium: 27.54mg (6.89%), Zinc: 0.96mg (6.37%), Vitamin K: 6.59µg (6.28%), Potassium: 144.21mg (4.12%), Vitamin B6: 0.08mg (4.11%), Vitamin E: 0.35mg (2.32%), Calcium: 19.91mg (1.99%)