



Italian Bread Bowls



Vegetarian



Dairy Free



Popular

READY IN



135 min.

SERVINGS



8

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 1 tablespoon cornmeal
- ☐ 1 egg white
- ☐ 7 cups flour all-purpose
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon water
- ☐ 2.5 cups warm water (110 degrees F/45 degrees C)

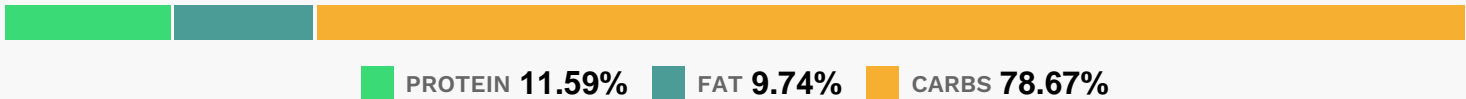
Equipment

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

Directions

- ☐ In a large bowl, dissolve yeast in warm water.
- ☐ Let stand until creamy, about 10 minutes.
- ☐ Add salt, oil and 4 cups flour to the yeast mixture; beat well. Stir in the remaining flour, 1/2 cup at a time, beating well with an electric mixer at medium speed after each addition.
- ☐ When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 6 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 40 minutes.
- ☐ 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, free from drafts, until doubled in bulk, about 35 minutes.
- ☐ Preheat oven to 400 degrees F (200 degrees C). In a small bowl, beat together egg white and 1 tablespoon water; lightly brush the loaves with half of this egg wash.
- ☐ Bake in preheated oven for 15 minutes.
- ☐ Brush with remaining egg mixture, and bake 10 to 15 more minutes or until golden. Cool on wire racks.
- ☐ Cut a 1/2 inch thick slice from top of each loaf; scoop out centers, leaving 3/4-inch-thick shells. 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%)