

Italian Bread II

 Vegetarian  Dairy Free

READY IN



160 min.

SERVINGS



8

CALORIES



220 kcal

Ingredients

- 1.5 teaspoons yeast dry
- 1 tablespoon brown sugar
- 1 tablespoon cornmeal
- 1 eggs
- 1.5 tablespoons olive oil
- 1.5 teaspoons salt
- 1 tablespoon sesame seed
- 3 cups flour all-purpose
- 1 tablespoon water

1.1 cups water (110 degrees F/45 degrees C)

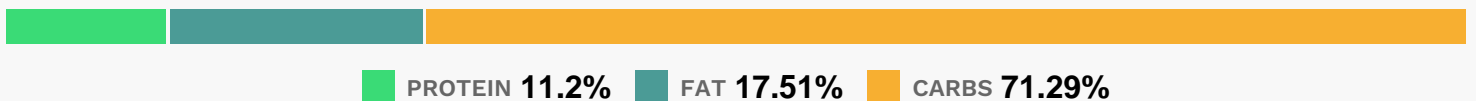
Equipment

- frying pan
- baking sheet
- oven
- bread machine

Directions

- Add all ingredients except egg, 1 tablespoon water, sesame seeds, and cornmeal into your bread machine in the order suggested by the manufacturer. Select the dough cycle.
- Divide dough into 2 parts and form into loaves.
- Sprinkle cornmeal on greased baking sheet.
- Place loaves on pan seam side down.
- Brush top of loaves with water.
- Let rise til double, about 50 minutes.
- Preheat oven to 375 degrees F (190 degrees C).
- Brush loaves with egg wash.
- Sprinkle with sesame seeds. Make 4 cuts about 1/4 inch deep across top of log.
- Place a pan of hot water in bottom of oven.
- Bake bread for 25 to 30 minutes or until golden. To make a nice crusty bread, bake bread in the afternoon and pop into oven again for 5 minutes before meal. Makes a very crusty bread! You would be surprised how much better it is if you heat it that last 5 minutes. Try it. I learned this in a bread machine class!

Nutrition Facts



Properties

Glycemic Index:22.31, Glycemic Load:26.46, Inflammation Score:-4, Nutrition Score:8.3195651847383%

Nutrients (% of daily need)

Calories: 219.82kcal (10.99%), Fat: 4.22g (6.5%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 38.67g (12.89%), Net Carbohydrates: 37.01g (13.46%), Sugar: 1.62g (1.8%), Cholesterol: 20.46mg (6.82%), Sodium: 447.46mg (19.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.15%), Vitamin B1: 0.45mg (29.73%), Folate: 103.43µg (25.86%), Selenium: 18.06µg (25.8%), Manganese: 0.36mg (17.89%), Vitamin B2: 0.28mg (16.69%), Vitamin B3: 3.08mg (15.42%), Iron: 2.5mg (13.87%), Phosphorus: 74.39mg (7.44%), Fiber: 1.66g (6.63%), Copper: 0.12mg (6.23%), Magnesium: 16.63mg (4.16%), Zinc: 0.57mg (3.78%), Vitamin B5: 0.38mg (3.78%), Vitamin E: 0.47mg (3.14%), Vitamin B6: 0.05mg (2.73%), Calcium: 22.71mg (2.27%), Potassium: 74.13mg (2.12%), Vitamin K: 1.74µg (1.66%)