



Italian Bread Using a Bread Machine

 Vegetarian  Dairy Free

READY IN



200 min.

SERVINGS



48

CALORIES



43 kcal

Ingredients

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

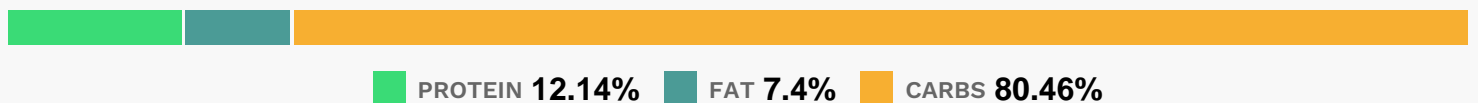
Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- spatula
- cutting board
- bread machine

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.
- 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. Meanwhile, preheat oven to 375 degrees F (190 degrees C).
- 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 a baking sheet 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:2.99, Glycemic Load:5.93, Inflammation Score:-1, Nutrition Score:1.7282608779876%

Nutrients (% of daily need)

Calories: 43.36kcal (2.17%), Fat: 0.35g (0.54%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 8.21g (2.98%), Sugar: 0.28g (0.31%), Cholesterol: 3.41mg (1.14%), Sodium: 74.69mg (3.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Vitamin B1: 0.1mg (6.64%), Folate: 23.09µg (5.77%), Selenium: 3.85µg (5.5%), Manganese: 0.07mg (3.74%), Vitamin B2: 0.06mg (3.64%), Vitamin B3: 0.69mg (3.43%), Iron: 0.52mg (2.88%), Phosphorus: 14.95mg (1.5%), Fiber: 0.36g (1.44%)