



Jack-o'-Lantern Bread

READY IN



45 min.

SERVINGS



12

CALORIES



193 kcal

Ingredients

- ☐ 2 bread dough frozen thawed (1 lb. each)
- ☐ 1 tablespoon eggs beaten
- ☐ 1.5 teaspoons milk

Equipment

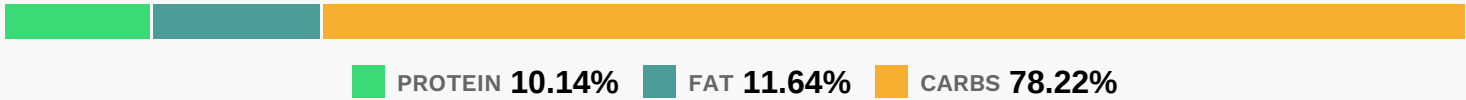
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

☐ rolling pin

Directions

- ☐ Place loaves in a bowl. Cover bowl with plastic wrap and let rise until doubled, 45 minutes to 1 hour.
- ☐ Punch dough down, knead loaves together in bowl, and shape into a ball.
- ☐ Transfer ball to an oiled 12- by 15-inch baking sheet. With oiled hands or a lightly floured rolling pin, flatten ball into an 11- by 13-inch oval.
- ☐ Cut out eyes, nose, and mouth; openings should be at least 1 1/2 to 2 inches wide. (To make small loaves, divide dough into 4 equal pieces, roll into 4- by 6-in. ovals; eye, nose, and mouth openings should be at least 1 to 1 1/2 in. wide.) Lift out cutout dough and bake on another pan or use for decorations.
- ☐ Cover shaped dough lightly with plastic wrap and let rise until puffy, about 20 minutes.
- ☐ Mix egg with milk; brush over dough.
- ☐ Bake in a 350 oven until well-browned, 30 to 35 minutes. Cool on a rack.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.01, Inflammation Score:1, Nutrition Score:0.38826086469319%

Nutrients (% of daily need)

Calories: 193.2kcal (9.66%), Fat: 2.33g (3.59%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 35.31g (11.77%), Net Carbohydrates: 33.85g (12.31%), Sugar: 0.03g (0.04%), Cholesterol: 4.66mg (1.55%), Sodium: 354.72mg (15.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Fiber: 1.46g (5.85%)