

Jack-o'-Lantern Bread







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

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 11/2 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 11/2 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.	
	Nicotoriti a sa Parata	
Nutrition Facts		
	PROTEIN 10.14% FAT 11.64% CARBS 78.22%	

Properties

rolling pin

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: Og (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Fiber: 1.46g (5.85%)