



Jack-o-Lantern Bread

READY IN



45 min.

SERVINGS



10

CALORIES



234 kcal

Ingredients

- ☐ 2 lb bread dough frozen thawed
- ☐ 1 tablespoon eggs beaten
- ☐ 1.5 teaspoon milk

Equipment

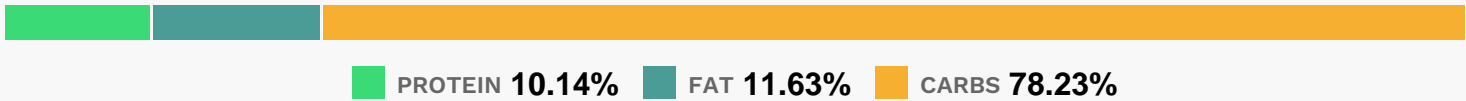
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

- ☐ plastic wrap
- ☐ rolling pin

Directions

- ☐ Place the loaves in a bowl. Cover bowl with plastic wrap and let rise until doubled, 45 minutes to one hour.
- ☐ Punch dough down, knead loaves together in bowl and shape into a ball.
- ☐ Transfer ball to a grased 15"x12" baking sheet. With greased hands or a lightly floured rolling pin, flatten ball into a 13"x11" oval.
- ☐ Cut out eyes, nose, and mouth; openings should be at least 1 to 1 1/2 inches wide. (To make small loaves, divide dough into 4 equal pieces and roll into 6"x4" ovals; eye, nose and mouth openings should be at least 1 to 1 1/2 inches wide.) Lift out cut-out dough and bake on another pan or use for decoration.
- ☐ Cover the shaped dough lightly with plastic wrap and let rise until puffy, about 20 minutes.
- ☐ Mix egg with milk; brush over dough.
- ☐ Bake at 350 for 30 to 35 minutes or until golden. Cool on a wire rack.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.01, Inflammation Score:1, Nutrition Score:0.46826086857397%

Nutrients (% of daily need)

Calories: 233.67kcal (11.68%), Fat: 2.82g (4.34%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 42.71g (14.24%), Net Carbohydrates: 40.94g (14.89%), Sugar: 0.04g (0.05%), Cholesterol: 5.59mg (1.86%), Sodium: 429.04mg (18.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.07%), Fiber: 1.77g (7.08%)