



Lean French Bread



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



67 kcal

Ingredients

- ☐ 1 package active yeast dry
- ☐ 2 tablespoons bread flour divided
- ☐ 2.8 cups bread flour divided
- ☐ 1 egg white lightly beaten
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1 cup very warm water (120° to 130°)

Equipment

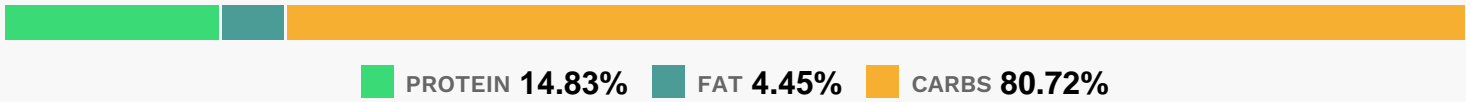
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Combine 1 1/2 cups flour, sugar, salt, and yeast; stir. Gradually add water to flour mixture, beating at low speed of an electric mixer. Beat an additional 2 minutes at medium speed. Stir in enough of the remaining 1 1/4 cups flour to make a soft dough.
- ☐ Sprinkle 1 tablespoon flour over work surface. Turn dough out; knead until smooth and elastic (about 8 to 10 minutes).
- ☐ Place in a bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Sprinkle remaining 1 tablespoon flour over work surface. Punch dough down; turn out onto floured surface, and knead 4 or 5 times. Divide dough in half.
- ☐ Roll 1 portion of dough into a 15- x 7-inch rectangle.
- ☐ Roll up dough, starting at long side, pressing firmly to eliminate air pockets; pinch seam and ends to seal. Repeat with remaining dough.
- ☐ Place loaves, seam side down, in 2 French baguette pans coated with cooking spray. Cover and let rise in a warm place, free from drafts, 30 minutes or until doubled in bulk. Make 1/4-inch-deep slits diagonally across loaves.
- ☐ Brush with egg white.
- ☐ Place a shallow pan containing 1 inch of water on bottom rack of oven; place baguette pans on top rack.
- ☐ Bake at 400 for 20 minutes or until loaves are golden.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:8.54, Inflammation Score:-1, Nutrition Score:1.7839130226361%

Nutrients (% of daily need)

Calories: 67.26kcal (3.36%), Fat: 0.33g (0.5%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 12.8g (4.66%), Sugar: 0.27g (0.3%), Cholesterol: 0mg (0%), Sodium: 119.89mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Selenium: 7.43µg (10.61%), Manganese: 0.14mg (7.16%), Folate: 14.15µg (3.54%), Vitamin B1: 0.05mg (3.52%), Fiber: 0.52g (2.09%), Phosphorus: 19.81mg (1.98%), Vitamin B2: 0.03mg (1.84%), Copper: 0.04mg (1.82%), Vitamin B3: 0.32mg (1.61%), Vitamin B5: 0.13mg (1.28%), Magnesium: 4.95mg (1.24%), Zinc: 0.18mg (1.21%)