



HEALTH SCORE

52%

Marion's Baguettes



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



924 kcal

BREAD

Ingredients

- ☐ 3.8 cups bread flour
- ☐ 1 tablespoon cornmeal
- ☐ 2.3 teaspoons yeast dry
- ☐ 0.5 cup pasta flour
- ☐ 1.5 tablespoons salt
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup water
- ☐ 2.5 cups warm water (100° to 110°)

☐ 2 cups flour whole wheat

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ oven

☐ knife

☐ whisk

☐ measuring cup

Directions

☐ Dissolve yeast and sugar in warm water in a large bowl; let stand 5 minutes. Lightly spoon flours into dry measuring cups; level with a knife.

☐ Add 3 1/2 cups bread flour, wheat flour, semolina, and salt to yeast mixture; stir with a whisk until well blended.

☐ Turn the dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining bread flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).

☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Divide into thirds. Working with one portion at a time (cover remaining dough to prevent drying), roll each portion into a 16-inch rope on a floured surface.

☐ Place ropes on a large baking sheet sprinkled with cornmeal. Cover and let rise 40 minutes or until ropes are doubled in size. Uncover dough.

☐ Cut 3 slits in top of each rope.

☐ Preheat oven to 425

☐ Throw water onto floor of oven (avoiding heating element).

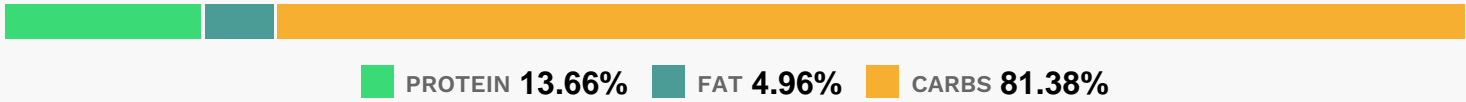
☐ Place baking sheet in oven. Quickly close oven door.

☐ Bake at 425 for 30 minutes or until loaves are golden brown and sound hollow when tapped.

- ☐
- Remove from pan, and cool on wire racks.

☐

Nutrition Facts



Properties

Glycemic Index:82.53, Glycemic Load:83.45, Inflammation Score:-8, Nutrition Score:27.829565001247%

Nutrients (% of daily need)

Calories: 924.35kcal (46.22%), Fat: 5.14g (7.91%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 189.73g (63.24%), Net Carbohydrates: 176.16g (64.06%), Sugar: 9.12g (10.13%), Cholesterol: 0mg (0%), Sodium: 3505.79mg (152.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.86g (63.72%), Manganese: 4.62mg (231.04%), Selenium: 118.23µg (168.9%), Fiber: 13.57g (54.28%), Vitamin B1: 0.8mg (53.48%), Phosphorus: 478.43mg (47.84%), Magnesium: 161.05mg (40.26%), Folate: 144.29µg (36.07%), Copper: 0.7mg (34.87%), Vitamin B3: 6.72mg (33.59%), Zinc: 3.87mg (25.79%), Iron: 4.6mg (25.56%), Vitamin B6: 0.45mg (22.61%), Vitamin B2: 0.33mg (19.39%), Vitamin B5: 1.54mg (15.45%), Potassium: 502.85mg (14.37%), Vitamin E: 1.22mg (8.11%), Calcium: 62.38mg (6.24%), Vitamin K: 2.01µg (1.92%)