



Mom's French Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



160 kcal

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 4.5 cups bread flour divided
- ☐ 0.3 cup cornmeal
- ☐ 1 egg white
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups warm water (105° to 115°)
- ☐ 2 tablespoons water

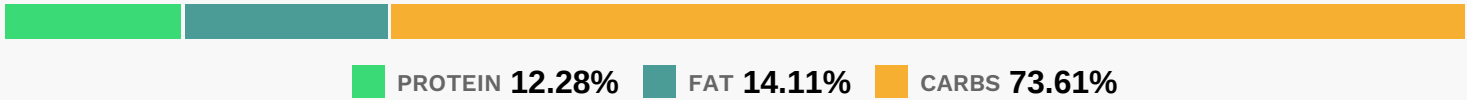
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ measuring cup

Directions

- ☐ Combine yeast and 1/4 cup warm water in a 2-cup glass measuring cup; stir in remaining 1 3/4 cups warm water, and let mixture stand 5 minutes.
- ☐ Combine 4 cups flour and sugar in a large bowl. Stir in yeast mixture and oil.
- ☐ Cover dough, and let rise in a warm place (85), free from drafts, 30 minutes.
- ☐ Add salt and enough remaining flour to make a stiff dough, beating at medium speed with a heavy-duty electric mixer 6 to 8 minutes. Cover and let rise in a warm place, free from drafts, 1 hour or until doubled in bulk.
- ☐ Divide bread dough in half, and shape each portion into a 12-inch loaf.
- ☐ Place each loaf on a lightly greased baking sheet sprinkled evenly with 2 tablespoons cornmeal. Cover loaves, and let rise in a warm place, free from drafts, 30 minutes or until doubled in bulk.
- ☐ Bake at 425 for 15 minutes. Stir together egg white and 2 tablespoons water.
- ☐ Brush over loaves, and bake 5 to 10 more minutes or until loaves sound hollow when tapped.

Nutrition Facts



Properties

Glycemic Index:12.85, Glycemic Load:18.65, Inflammation Score:-1, Nutrition Score:3.6965217321463%

Nutrients (% of daily need)

Calories: 159.67kcal (7.98%), Fat: 2.47g (3.8%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 29g (9.67%), Net Carbohydrates: 27.8g (10.11%), Sugar: 1.66g (1.84%), Cholesterol: 0mg (0%), Sodium: 151.07mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Selenium: 14.53µg (20.75%), Manganese: 0.3mg (14.82%), Folate: 22.89µg (5.72%), Vitamin B1: 0.08mg (5.63%), Fiber: 1.2g (4.79%), Phosphorus: 42.79mg (4.28%), Copper: 0.08mg (3.88%), Vitamin K: 3.24µg (3.08%), Magnesium: 12.21mg (3.05%), Vitamin B3: 0.59mg (2.96%), Vitamin B2: 0.05mg (2.92%), Zinc: 0.42mg (2.77%), Vitamin B5: 0.23mg (2.32%), Iron: 0.4mg (2.25%), Vitamin E: 0.29mg (1.93%), Vitamin B6: 0.03mg (1.72%), Potassium: 50.5mg (1.44%)