



WHATSheATE



New Orleans French Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



772 kcal

BREAD

Ingredients

- ☐ 1 package yeast dry
- ☐ 1 egg white slightly beaten
- ☐ 6.5 cups flour all-purpose divided
- ☐ 1 tablespoon salt
- ☐ 2 tablespoons sugar divided
- ☐ 2.5 cups warm water (105° to 115°)

Equipment

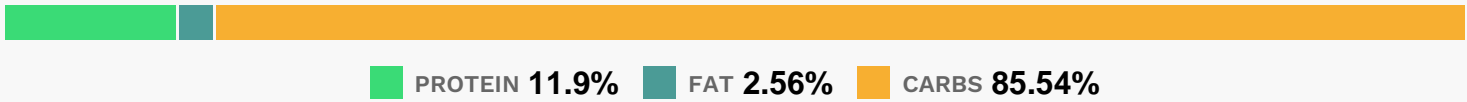
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine yeast, water, and 1 teaspoon sugar in a large bowl, stirring until dissolved. Stir in remaining sugar, salt, and 6 cups flour to form a stiff dough.
- ☐ Turn dough out onto a surface sprinkled with remaining flour; knead 8 minutes or until smooth and elastic.
- ☐ Place dough in a greased bowl, turning to grease top. Cover and let rise in a warm place (85), free from drafts, 1 1/2 hours or until doubled in bulk. Turn dough out onto a lightly floured surface. Cover and let rest 15 minutes. Knead 3 to 4 times.
- ☐ Divide dough into 4 equal portions; roll each portion into a 13- x 7-inch rectangle.
- ☐ Roll up each rectangle jellyroll fashion, starting at long end. Pinch seams and ends together to seal.
- ☐ Place loaves, seam side down, in 4 heavily-greased baguette pans or on baking sheets.
- ☐ Cut 3 or 4 diagonal slashes, 3/4-inch deep, in top of each loaf. Cover and repeat rising procedure 1 hour or until doubled in bulk.
- ☐ Brush loaves with egg white.
- ☐ Bake at 450 for 15 minutes; reduce heat to 350, and bake 30 minutes or until loaves sound hollow when tapped.
- ☐ Remove bread from pans or baking sheets immediately; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:36.27, Glycemic Load:116.33, Inflammation Score:-8, Nutrition Score:28.981739251915%

Nutrients (% of daily need)

Calories: 772.06kcal (38.6%), Fat: 2.16g (3.32%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 161.76g (53.92%), Net Carbohydrates: 155.8g (56.66%), Sugar: 6.59g (7.32%), Cholesterol: 0mg (0%), Sodium: 1768.97mg (76.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.51g (45.01%), Vitamin B1: 1.79mg (119.16%), Folate: 412.97µg

(103.24%), Selenium: 70.54µg (100.77%), Manganese: 1.4mg (69.82%), Vitamin B2: 1.11mg (65.15%), Vitamin B3: 12.7mg (63.52%), Iron: 9.49mg (52.7%), Fiber: 5.96g (23.82%), Phosphorus: 231.65mg (23.16%), Copper: 0.33mg (16.36%), Magnesium: 47.98mg (12%), Vitamin B5: 1.14mg (11.4%), Zinc: 1.58mg (10.55%), Potassium: 246.76mg (7.05%), Vitamin B6: 0.12mg (5.8%), Calcium: 37.09mg (3.71%)