



## No-Knead Artisan Style Bread

 Vegetarian  Vegan  Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



172 kcal

BREAD

### Ingredients

- 1 teaspoon active yeast dry
- 3 cups flour all-purpose
- 2 teaspoons salt
- 1.7 cups warm water (110 degrees F/45 degrees C)

### Equipment

- bowl
- oven
- plastic wrap

- baking pan
- casserole dish
- kitchen towels
- dutch oven

## Directions

- Combine the flour, yeast, and salt in a large bowl and mix to combine.
- Add the water and herbs, if using, and mix well. The dough will be very sticky and shaggy-looking. Cover the bowl with plastic wrap and set aside at room temperature for 18 to 24 hours.
- Generously flour a work surface. The dough will have risen and will be covered in bubbles.
- Transfer the dough to the work surface and dust it with flour. Fold the dough in half, and then form the dough into a ball by stretching and tucking the edges of the dough underneath the ball.
- Liberally flour a kitchen towel (do not use terrycloth).
- Place the dough ball on the floured towel. Cover with another floured towel.
- Let the dough rise for about two hours [see footnote].
- Preheat an oven to 450 degrees F (230 degrees C).
- Place a lidded Dutch oven or deep heavy duty casserole dish (with lid) into the oven to preheat.
- Carefully remove the hot baking dish from the oven.
- Remove the lid and gently turn the dough ball into the ungreased baking dish, seam-side up; shake the dish so the dough is more evenly distributed.
- Cover and bake for 30 minutes.
- Remove the lid and bake until the crust is golden brown, 15 to 20 minutes.
- Remove the loaf from the baking dish and let it cool on a rack before slicing.

## Nutrition Facts



**PROTEIN 11.89%** **FAT 2.62%** **CARBS 85.49%**

## Properties

Glycemic Index:9.38, Glycemic Load:25.88, Inflammation Score:-4, Nutrition Score:6.8621738715016%

## Nutrients (% of daily need)

Calories: 171.89kcal (8.59%), Fat: 0.49g (0.75%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 35.93g (11.98%), Net Carbohydrates: 34.56g (12.57%), Sugar: 0.13g (0.14%), Cholesterol: 0mg (0%), Sodium: 584.97mg (25.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Vitamin B1: 0.41mg (27.38%), Folate: 94.88µg (23.72%), Selenium: 15.92µg (22.75%), Manganese: 0.32mg (16.12%), Vitamin B3: 2.92mg (14.62%), Vitamin B2: 0.25mg (14.54%), Iron: 2.19mg (12.16%), Fiber: 1.37g (5.48%), Phosphorus: 53.1mg (5.31%), Copper: 0.08mg (3.88%), Magnesium: 11.03mg (2.76%), Vitamin B5: 0.26mg (2.58%), Zinc: 0.37mg (2.44%), Potassium: 53.99mg (1.54%), Vitamin B6: 0.03mg (1.32%)