

Olive Bread

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



106 kcal

Ingredients

- 1 pound bread dough white frozen
- 1.5 teaspoons rosemary dried
- 1 large egg white lightly beaten
- 0.5 cup kalamata olives pitted chopped

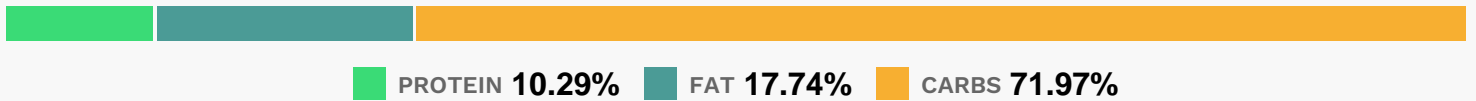
Equipment

- baking sheet
- oven
- knife
- wire rack

Directions

- Thaw dough in refrigerator for 12 hours.
- Sprinkle olives and rosemary over dough; gently knead on a lightly floured surface 4 or 5 times or just until olives are incorporated into dough. Cover dough; let rest 10 minutes.
- Roll dough into a 10 x 8-inch rectangle. Beginning with long side, roll up jelly-roll fashion; pinch seam to seal.
- Place roll, seam side down, on a baking sheet coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size.
- Preheat oven to 37
- Uncover dough; cut several 2-inch diagonal slits into top of dough using a sharp knife.
- Brush dough with egg white.
- Bake at 375 for 40 minutes or until loaf sounds hollow when tapped.
- Remove loaf from baking sheet; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.39913043509359%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 105.92kcal (5.3%), Fat: 1.97g (3.04%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 17.09g (6.22%), Sugar: 0.05g (0.06%), Cholesterol: 0mg (0%), Sodium: 270.1mg (11.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Fiber: 0.93g (3.71%), Vitamin E: 0.21mg (1.43%)