

Onion French Bread

 Dairy Free

READY IN



60 min.

SERVINGS



32

CALORIES



88 kcal

BREAD

Ingredients

- 0.5 ounce yeast dry
- 1 egg whites
- 5 cups flour all-purpose
- 1 envelope onion soup mix
- 2 teaspoons salt
- 2 tablespoons shortening
- 3 tablespoons sugar
- 1 tablespoon water

2 cups water (120° to 130°)

Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- plastic wrap

Directions

- In a bowl, combine 2 cups flour, soup mix, yeast, sugar and salt; add warm water and shortening. Beat on medium speed for 3 minutes.
- Add enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 3 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down; knead 4-5 times. Divide in half.
- Roll each portion into a 14-in. x 6-in. rectangle.
- Roll up, jelly-roll style, starting with a long side; pinch edges and ends to seal.
- Place seam side down on a greased baking sheet. Beat egg white and water; brush over loaves. Cover with plastic wrap that has been sprayed with cooking spray; let rise until doubled, about 30-40 minutes. With a sharp knife, make four shallow diagonal cuts across the top.
- Bake at 375° for 30-35 minutes or until golden brown. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:4.53, Glycemic Load:11.57, Inflammation Score:-2, Nutrition Score:3.3400000285195%

Nutrients (% of daily need)

Calories: 88.09kcal (4.4%), Fat: 1.03g (1.59%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 16.3g (5.93%), Sugar: 1.24g (1.38%), Cholesterol: 0mg (0%), Sodium: 248.71mg (10.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin B1: 0.21mg (13.72%), Folate: 46.15µg (11.54%), Selenium: 6.91µg (9.88%), Vitamin B2: 0.12mg (7.17%), Manganese: 0.14mg (7.17%), Vitamin B3: 1.35mg (6.75%), Iron: 0.93mg (5.19%), Fiber: 0.73g (2.92%), Phosphorus: 26.69mg (2.67%), Copper: 0.04mg (1.87%), Vitamin B5: 0.16mg (1.63%), Magnesium: 5.55mg (1.39%), Zinc: 0.19mg (1.25%), Vitamin B6: 0.02mg (1.13%), Potassium: 35.72mg (1.02%)