



## Parmesan Bread Bowls

READY IN



47 min.

SERVINGS



6

CALORIES



371 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 package yeast dry quick
- ☐ 0.3 cup water (105°F to 115°F)
- ☐ 2 tablespoons sugar
- ☐ 3 cups flour all-purpose
- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup shortening
- ☐ 1 cup buttermilk

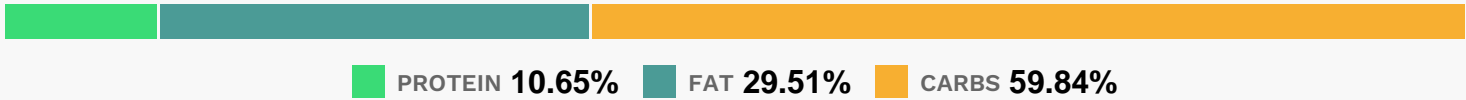
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender

# Directions

- ☐ Dissolve yeast in warm water in small bowl. Stir in sugar; set aside.
- ☐ Mix flour, baking powder, salt and cheese in large bowl.
- ☐ Cut in shortening, using pastry blender or crisscrossing 2 knives, until mixture look like fine crumbs. Stir in yeast mixture and just enough buttermilk so dough leaves side of bowl and forms a ball.
- ☐ Place dough on lightly floured surface. Knead about 1 minute or until smooth. Cover and let rise in warm place 10 minutes.
- ☐ Heat oven to 375°F. Grease outsides of six 10-ounce custard cups.
- ☐ Place cups upside down in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch. Divide dough into 6 equal parts. Pat or roll each part into 7-inch circle. Shape dough circles over outsides of custard cups. (Do not allow to curl under edges of cups.)
- ☐ Bake 18 to 22 minutes or until golden brown. Carefully lift bread bowls from custard cups-- custard cups and bread will be hot. Cool bread bowls upright on wire rack.

# Nutrition Facts



# Properties

Glycemic Index:44.68, Glycemic Load:38.41, Inflammation Score:-5, Nutrition Score:13.033913031868%

# Nutrients (% of daily need)

Calories: 371.45kcal (18.57%), Fat: 12.14g (18.67%), Saturated Fat: 3.87g (24.16%), Carbohydrates: 55.35g (18.45%), Net Carbohydrates: 53.35g (19.4%), Sugar: 6.12g (6.8%), Cholesterol: 9.23mg (3.08%), Sodium: 644.63mg

(28.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.71%), Vitamin B1: 0.64mg (42.73%), Folate: 144.01µg (36%), Selenium: 24.73µg (35.33%), Vitamin B2: 0.44mg (26.13%), Calcium: 222.96mg (22.3%), Manganese: 0.44mg (21.87%), Vitamin B3: 4.2mg (21%), Phosphorus: 187.97mg (18.8%), Iron: 3.19mg (17.74%), Fiber: 2.01g (8.02%), Vitamin B5: 0.66mg (6.59%), Zinc: 0.93mg (6.17%), Copper: 0.11mg (5.48%), Magnesium: 20.97mg (5.24%), Vitamin K: 4.95µg (4.72%), Vitamin B12: 0.26µg (4.33%), Vitamin E: 0.62mg (4.12%), Potassium: 142.78mg (4.08%), Vitamin D: 0.55µg (3.65%), Vitamin B6: 0.06mg (3.2%), Vitamin A: 114.06IU (2.28%)