



Parmesan Onion Twist

READY IN



35 min.

SERVINGS



35

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 packages active yeast dry
- ☐ 1 teaspoon basil dried whole
- ☐ 2 tablespoons bread flour
- ☐ 6 cups bread flour divided
- ☐ 1 egg white lightly beaten
- ☐ 0.8 cup no-salt-added chicken broth undiluted canned
- ☐ 2 cups onion finely chopped
- ☐ 1 teaspoon oregano dried whole
- ☐ 1 cup parmesan cheese freshly grated

- ☐ 2 cups very warm skim milk (120° to 130°)
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon vegetable oil

Equipment

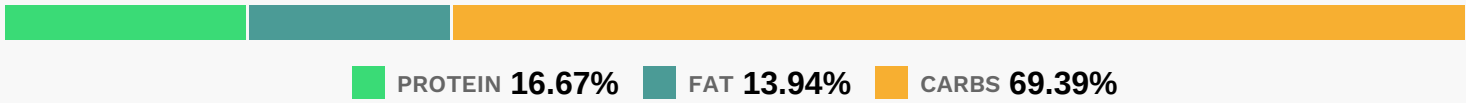
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Combine broth and oil in a nonstick skillet.
- ☐ Place over medium heat until hot.
- ☐ Add onion, basil, and oregano; saute until onion is tender.
- ☐ Combine 2 cups flour and yeast; stir.
- ☐ Add milk to flour mixture, beating at low speed of an electric mixer. Beat 2 minutes at medium speed.
- ☐ Add onion mixture, cheese, and sugar. Stir in enough of the remaining 4 cups flour to make a soft dough.
- ☐ Sprinkle 2 tablespoons flour over work surface. Turn dough out; knead until smooth and elastic.
- ☐ Place in a bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 30 minutes or until doubled.
- ☐ Punch dough down; divide in half. Divide each half into 3 equal portions.
- ☐ Roll each portion into a 16-inch rope. Braid 3 ropes together on a baking sheet coated with cooking spray, pinching ends to seal; tuck ends under. Repeat procedure with remaining ropes.
- ☐ Cover and let rise in a warm place, free from drafts, 20 minutes or until doubled.

- ☐
- Brush with egg white.
- ☐
- Bake at 350 for 35 minutes or until loaves sound hollow when tapped. (Cover with aluminum foil the last 15 minutes of baking to prevent over-browning, if necessary.)

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:10.91, Inflammation Score:-2, Nutrition Score:3.4021738897199%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 106.77kcal (5.34%), Fat: 1.64g (2.52%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 17.53g (6.37%), Sugar: 1.52g (1.69%), Cholesterol: 2.91mg (0.97%), Sodium: 59.73mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Selenium: 10.2µg (14.57%), Manganese: 0.19mg (9.73%), Phosphorus: 61.28mg (6.13%), Calcium: 51.05mg (5.11%), Vitamin B1: 0.07mg (4.96%), Folate: 19.01µg (4.75%), Vitamin B2: 0.07mg (3.87%), Fiber: 0.82g (3.29%), Zinc: 0.43mg (2.86%), Copper: 0.05mg (2.51%), Magnesium: 9.77mg (2.44%), Vitamin B3: 0.48mg (2.41%), Vitamin B5: 0.22mg (2.23%), Potassium: 74.86mg (2.14%), Vitamin B12: 0.13µg (2.1%), Vitamin B6: 0.04mg (1.85%), Iron: 0.3mg (1.64%), Vitamin K: 1.71µg (1.63%), Vitamin D: 0.17µg (1.12%), Vitamin A: 55.08IU (1.1%)