



## Rich Tomato Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



133 kcal

## Ingredients

- 3.5 cups bread flour divided
- 1 tablespoon butter melted
- 2.3 teaspoons yeast dry
- 1 large eggs lightly beaten
- 2 tablespoons olive oil extravirgin
- 1 teaspoon salt
- 20 sun-dried tomato halves packed
- 1 cup water boiling

## Equipment

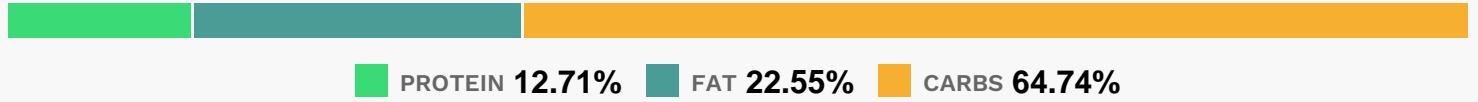
- bowl
- frying pan
- oven
- knife
- wire rack
- sieve
- loaf pan
- measuring cup

## Directions

- Combine the water and tomatoes in a small bowl. Cover and let stand for 30 minutes.
- Strain tomato mixture through a sieve over a bowl, reserving liquid. Finely chop tomatoes.
- Heat reserved liquid to 100 to 11
- Place liquid in a large bowl, and stir in yeast.
- Let stand for 5 minutes.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Add 3 cups flour, chopped tomatoes, oil, salt, and egg; stir until a soft dough forms.
- Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Gently press 2 fingers into dough. If indentation remains, dough has risen enough.)
- Punch dough down; cover and let rest 5 minutes.
- Roll dough into a 14 x 7-inch rectangle on a lightly floured surface.
- Roll up rectangle tightly, starting with a short edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- Place roll, seam side down, in an 8 x 4-inch loaf pan coated with cooking spray.
- Lightly coat dough with cooking spray. Cover and let rise 30 minutes or until doubled in size.
- Preheat oven to 35

- Uncover dough; bake at 350 for 40 minutes or until loaf is browned on bottom and sounds hollow when tapped.
- Remove from pan; place on a wire rack.
- Brush with melted butter.

## Nutrition Facts



## Properties

Glycemic Index:9.19, Glycemic Load:13.17, Inflammation Score:-2, Nutrition Score:3.8073913053326%

## Nutrients (% of daily need)

Calories: 132.8kcal (6.64%), Fat: 3.32g (5.11%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 20.35g (7.4%), Sugar: 1.04g (1.15%), Cholesterol: 13.51mg (4.5%), Sodium: 159.63mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.41%), Selenium: 12µg (17.14%), Manganese: 0.27mg (13.27%), Vitamin B1: 0.08mg (5.63%), Folate: 22.46µg (5.61%), Copper: 0.09mg (4.6%), Phosphorus: 44.61mg (4.46%), Fiber: 1.08g (4.33%), Vitamin B2: 0.06mg (3.57%), Potassium: 121.84mg (3.48%), Vitamin B3: 0.68mg (3.39%), Magnesium: 12.47mg (3.12%), Iron: 0.55mg (3.05%), Vitamin B5: 0.28mg (2.8%), Vitamin E: 0.41mg (2.76%), Zinc: 0.36mg (2.4%), Vitamin K: 2.28µg (2.17%), Vitamin B6: 0.03mg (1.52%), Vitamin A: 61.14IU (1.22%), Vitamin C: 0.98mg (1.19%)