



Rosemary-Herb French Bread

READY IN



45 min.

SERVINGS



3

CALORIES



398 kcal

Ingredients

- ☐ 2.3 cups bread flour
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.8 ounce parmesan cheese fresh shredded finely
- ☐ 0.5 teaspoon salt

- ☐ 2 teaspoons sugar
- ☐ 1 cup water

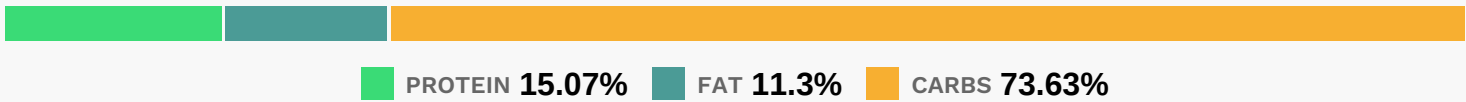
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup
- ☐ bread machine

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife. Follow manufacturer's instructions for placing flour and next 8 ingredients (flour through water) into bread pan; select dough cycle, and start bread machine.
- ☐ Remove dough from machine (do not bake).
- ☐ Preheat oven to 35
- ☐ Turn dough out onto a lightly floured surface; rub with oil. Shape into a 12-inch long loaf.
- ☐ Place loaf on a baking sheet.
- ☐ Combine cheese, 1 teaspoon rosemary, and garlic powder; sprinkle over top of loaf.
- ☐ Bake at 350 for 45 minutes or until loaf sounds hollow when tapped.
- ☐ Remove from pan; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:58.03, Glycemic Load:45.99, Inflammation Score:-7, Nutrition Score:11.600869582399%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 398.46kcal (19.92%), Fat: 4.94g (7.61%), Saturated Fat: 1.61g (10.09%), Carbohydrates: 72.45g (24.15%), Net Carbohydrates: 69.28g (25.19%), Sugar: 3.03g (3.37%), Cholesterol: 4.82mg (1.61%), Sodium: 508.64mg (22.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.83g (29.67%), Selenium: 39.1µg (55.86%), Manganese: 0.8mg (40.06%), Vitamin B1: 0.34mg (22.47%), Folate: 87.95µg (21.99%), Phosphorus: 157.33mg (15.73%), Fiber: 3.17g (12.68%), Calcium: 113.83mg (11.38%), Vitamin B2: 0.18mg (10.5%), Copper: 0.2mg (10.23%), Vitamin B3: 1.93mg (9.64%), Vitamin K: 9µg (8.57%), Zinc: 1.23mg (8.17%), Iron: 1.46mg (8.11%), Magnesium: 31.29mg (7.82%), Vitamin B5: 0.76mg (7.64%), Vitamin E: 0.68mg (4.5%), Vitamin B6: 0.09mg (4.35%), Potassium: 135.84mg (3.88%), Vitamin B12: 0.09µg (1.44%), Vitamin A: 71.45IU (1.43%)