



Rustic White Bread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



117 kcal

Ingredients

- 3 cups bread flour divided
- 1 teaspoon cornmeal
- 2.3 teaspoons yeast dry
- 1 large egg white lightly beaten
- 1 teaspoon salt
- 1 cup warm water (100° to 110°)
- 1 teaspoon water

Equipment

- bowl

- frying pan
- baking sheet
- oven
- knife
- whisk
- wire rack
- measuring cup

Directions

- Dissolve the yeast in 1 cup warm water in a large bowl, and let stand for 5 minutes.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Add 2 3/4 cups flour and salt to yeast mixture; 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. Shape dough into a 6-inch round; place on a baking sheet sprinkled with cornmeal. Lightly coat surface of dough with cooking spray. Cover and let rise 45 minutes or until doubled in size.
- Preheat oven to 45
- Uncover dough.
- Combine 1 teaspoon water and egg white, stirring with a whisk; brush over dough. Make 3 (4-inch) cuts 1/4 inch deep across top of dough using a sharp knife.
- Bake at 450 for 20 minutes or until bread is browned on bottom and sounds hollow when tapped.
- Remove from pan; cool on a wire rack.

Nutrition Facts



■ PROTEIN 15% ■ FAT 4.54% ■ CARBS 80.46%

Properties

Glycemic Index:11.29, Glycemic Load:14.76, Inflammation Score:-2, Nutrition Score:3.1113043983831%

Nutrients (% of daily need)

Calories: 116.78kcal (5.84%), Fat: 0.58g (0.89%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 22.12g (8.05%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 200.29mg (8.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.59%), Selenium: 13.01µg (18.59%), Manganese: 0.25mg (12.56%), Folate: 24.13µg (6.03%), Vitamin B1: 0.09mg (5.98%), Fiber: 0.92g (3.69%), Phosphorus: 34.82mg (3.48%), Vitamin B2: 0.05mg (3.19%), Copper: 0.06mg (3.19%), Vitamin B3: 0.55mg (2.77%), Vitamin B5: 0.22mg (2.22%), Magnesium: 8.81mg (2.2%), Zinc: 0.32mg (2.14%), Iron: 0.3mg (1.68%), Potassium: 41.88mg (1.2%), Vitamin B6: 0.02mg (1.07%)