

Schlotsky's Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



86 kcal

Ingredients

- 2.3 teaspoons active yeast dry
- 0.3 teaspoon baking soda
- 2.5 cups bread flour
- 2 tablespoons cornmeal
- 0.8 cup warm milk (110 degrees F/45 degrees C)
- 0.5 teaspoon salt
- 1.5 teaspoons warm water (110 degrees F/45 degrees C)
- 1 tablespoon sugar white

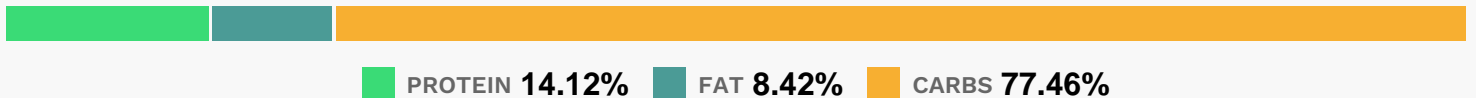
Equipment

- bowl
- oven
- whisk
- pie form

Directions

- In a small bowl stir together the warm water, sugar, and yeast. Stir to dissolve and set aside.
- In a large bowl dissolve baking soda with the 1 1/2 teaspoons warm water.
- Add the warm milk, salt, and one cup of the flour. Beat with a wire whisk until smooth. Beat in yeast mixture and remaining flour. Batter should be thick, sticky, and smooth.
- Prepare 2 pie pans with non-stick spray. Dust pans with cornmeal.
- Place 1/2 dough in each pie pan. Batter will spread during rising time. Spray top of dough with non-stick cooking spray. Cover and let rise for one hour.
- Repeat spraying of bread with non-stick cooking spray.
- Bake in a preheated 375 degree F (190 degrees C) for 20 minutes.
- Allow to cool for an hour before slicing.

Nutrition Facts



Properties

Glycemic Index:15.22, Glycemic Load:10.45, Inflammation Score:-1, Nutrition Score:2.4639130299506%

Nutrients (% of daily need)

Calories: 86.48kcal (4.32%), Fat: 0.8g (1.23%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 15.83g (5.76%), Sugar: 1.38g (1.53%), Cholesterol: 1.37mg (0.46%), Sodium: 94.81mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.03%), Selenium: 8.09µg (11.55%), Manganese: 0.16mg (8.24%), Vitamin B1: 0.07mg (4.93%), Folate: 17.11µg (4.28%), Phosphorus: 36.1mg (3.61%), Fiber: 0.7g (2.82%), Vitamin B2: 0.05mg (2.72%), Vitamin B3: 0.41mg (2.07%), Copper: 0.04mg (2.04%), Magnesium: 7.84mg (1.96%), Vitamin B5: 0.19mg (1.95%), Zinc: 0.29mg (1.91%), Calcium: 17.27mg (1.73%), Vitamin B6: 0.03mg (1.41%), Potassium: 44.92mg (1.28%), Iron: 0.22mg (1.24%), Vitamin B12: 0.06µg (1.03%)