



Sesame Bread



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



285 kcal

BREAD

Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 27 ounces flour all-purpose divided
- ☐ 12 servings try build-a-meal
- ☐ 2 teaspoons sea salt
- ☐ 0.3 cup sesame seed
- ☐ 1 tablespoon sugar
- ☐ 2 cups warm water (100° to 110°)
- ☐ 0.5 cup cornmeal yellow

Equipment

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

Directions

- ☐ Combine 2 cups water, sugar, 2 teaspoons salt, and yeast in a large bowl, stirring with a whisk.
- ☐ Let stand for 5 minutes. Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Add 5 1/2 cups flour, about 1 cup at a time, to the yeast mixture, stirring until a soft dough forms. Turn dough out onto a floured surface. Knead until dough is smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ 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, 1 1/2 hours or until doubled in size. (Gently press 2 fingers into dough. If indentation remains, dough has risen enough.) Divide the dough into 2 equal portions, shaping each portion into a 12-inch-long loaf.
- ☐ Place the loaves on a baking sheet sprinkled with 1/2 cup cornmeal. Lightly brush the loaves with cold water.
- ☐ Sprinkle evenly with 1/4 cup of sesame seeds.
- ☐ Place a shallow pan of boiling water on the bottom rack of cold oven.
- ☐ Place loaves on middle rack of oven. Set oven temperature to 400
- ☐ (Do not preheat oven.)
- ☐ Bake for 35 minutes or until loaves sound hollow when tapped. Cool on a wire rack.

Nutrition Facts



 **PROTEIN 11.63%**  **FAT 8.46%**  **CARBS 79.91%**

Properties

Glycemic Index:20.72, Glycemic Load:38.92, Inflammation Score:-5, Nutrition Score:11.854347854367%

Nutrients (% of daily need)

Calories: 284.51kcal (14.23%), Fat: 2.64g (4.06%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 56.16g (18.72%), Net Carbohydrates: 53.06g (19.3%), Sugar: 1.29g (1.44%), Cholesterol: 0mg (0%), Sodium: 391.75mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.34%), Vitamin B1: 0.61mg (40.83%), Folate: 135.81µg (33.95%), Selenium: 23.66µg (33.8%), Manganese: 0.62mg (31.21%), Vitamin B3: 4.36mg (21.8%), Vitamin B2: 0.36mg (20.91%), Iron: 3.69mg (20.52%), Copper: 0.25mg (12.58%), Fiber: 3.1g (12.39%), Phosphorus: 113.49mg (11.35%), Magnesium: 35.29mg (8.82%), Zinc: 1mg (6.68%), Vitamin B6: 0.1mg (5.23%), Calcium: 42.6mg (4.26%), Vitamin B5: 0.41mg (4.14%), Potassium: 117.18mg (3.35%)