



Walnut-Gorgonzola Baguettes



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



24

CALORIES



36 kcal

Ingredients

- ☐ 2.5 cups yukon gold potatoes for flour
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 cup water (120°F to 130°F)
- ☐ 1 teaspoon salt
- ☐ 0.3 cup walnut pieces chopped
- ☐ 0.3 cup gorgonzola crumbled

Equipment

- ☐ bowl
- ☐ frying pan

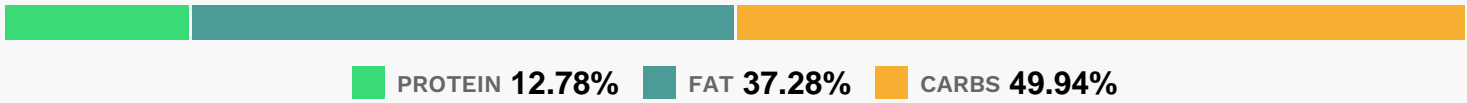
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer
- ☐ serrated knife

Directions

- ☐ In large bowl, mix 1 1/2 cups of the flour and the yeast.
- ☐ Add warm water. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Cover tightly with plastic wrap; let stand about 1 hour or until bubbly.
- ☐ Stir in salt and enough remaining flour to form a soft dough. On lightly floured surface, knead dough 5 to 10 minutes or until dough is smooth and springy (dough will be soft). Grease large bowl with shortening or cooking spray.
- ☐ Place dough in bowl, turning dough to grease all sides.
- ☐ Sprinkle walnuts and cheese over dough. Cover bowl loosely with plastic wrap; let rise in warm place 1 hour to 1 hour 15 minutes or until double in size. Dough is ready if indentation remains when touched.
- ☐ Grease large cookie sheet with shortening or cooking spray. On lightly floured surface, knead dough until nuts and cheese are worked into dough.
- ☐ Sprinkle top of dough with flour. Divide dough in half. Gently shape each half into a narrow loaf, about 12 inches long.
- ☐ Place about 4 inches apart on cookie sheet. Using spray bottle with fine mist, spray loaves with cool water.
- ☐ Let rise uncovered in warm place about 1 hour or until double in size.
- ☐ Place 8-inch or 9-inch square pan on bottom rack in oven; add hot water to pan until about 1/2 inch from top of pan.
- ☐ Heat oven to 425°F.
- ☐ Carefully cut 1/4-inch-deep slashes diagonally across loaves at 2-inch intervals with sharp serrated knife. Spray tops of loaves with cool water.
- ☐ Place loaves in oven and spray again.

- ☐
- Bake 15 to 20 minutes or until loaves are deep golden with crisp crust and sound hollow when tapped.
- ☐
- Remove from cookie sheet to cooling rack. Cool completely, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.45, Glycemic Load:3.18, Inflammation Score:-1, Nutrition Score:2.0526086731773%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 36.09kcal (1.8%), Fat: 1.55g (2.39%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 3.96g (1.44%), Sugar: 0.24g (0.27%), Cholesterol: 1.18mg (0.39%), Sodium: 117.1mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin C: 4.88mg (5.91%), Manganese: 0.09mg (4.72%), Vitamin B6: 0.09mg (4.42%), Vitamin B1: 0.06mg (3.85%), Potassium: 117.74mg (3.36%), Folate: 12.93µg (3.23%), Fiber: 0.73g (2.92%), Copper: 0.06mg (2.8%), Phosphorus: 27.6mg (2.76%), Magnesium: 8.86mg (2.21%), Vitamin B3: 0.41mg (2.06%), Vitamin B2: 0.03mg (1.65%), Vitamin B5: 0.15mg (1.49%), Iron: 0.25mg (1.4%), Calcium: 13.28mg (1.33%), Zinc: 0.19mg (1.25%)