

Italian Supermarket Bread

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-supermarket-bread-recipe>

Ingredients:

- 4 cups unbleached all purpose flour organic, I used King Arthur Flour
- 1/4 cup potato flakes dried
- 1/4 cup nonfat dry milk
- 2 teaspoons salt
- 2 teaspoons sugar
- 2 teaspoons yeast I used SAF Red Instant Yeast from King Arthur Flour
- 1/3 cup lukewarm water
- 3 tablespoons olive oil
- sesame seeds optional
- 1 egg white mixed with 1 tbls. water, to brush on top of loaves

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 106 grams
3. Fat: 13 grams
4. Fiber: 5 grams
5. Protein: 18 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1380 milligrams
8. Sugar: 2 grams

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