

# Italian Bread Bowls

Yield: 7 min  
Total Time: 60 min

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

## Ingredients:

- 1 1/2 tablespoons active dry yeast use 1 tablespoon instant yeast
- 2 1/2 cups warm water
- 2 teaspoons salt
- 2 tablespoons vegetable oil
- 7 cups all purpose flour see note
- 1 tablespoon cornmeal

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 97 grams
3. Fat: 5 grams
4. Fiber: 5 grams
5. Protein: 14 grams
6. Sodium: 680 milligrams

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