



Healthdor

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## Baguette

A traditional French bread made with simple ingredients and a long fermentation process. The baguette is known for its crispy crust and soft, chewy interior. It is commonly used as a base for sandwiches or enjoyed on its own.

**Recipe Type:** Standard

**Prep Time:** 180 mins

**Cook Time:** 30 mins

**Total Time:** 210 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 8

**Serving Size:** 50 g

## Ingredients

<b>500 g</b>	Flour
<b>350 ml</b>	Water
<b>10 g</b>	Salt
<b>5 g</b>	Yeast

# Directions

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## Step 1

Mixing

In a large mixing bowl, combine the flour and salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

In a separate container, dissolve the yeast in warm water.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Mixing

Pour the yeast mixture into the flour mixture and mix until a dough forms.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 4

Kneading

Knead the dough on a lightly floured surface for 10 minutes, until smooth and elastic.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 5

Resting

Place the dough in a greased bowl, cover with a damp cloth, and let it rise for 1 hour, or until doubled in size.

**Prep Time:** 60 mins

**Cook Time:** 0 mins

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## Step 6

Cutting

Punch down the dough and divide it into 2 equal portions.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

Shaping

Shape each portion into a long, thin baguette shape.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 8

Preparation

Place the baguettes on a baking sheet lined with parchment paper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 9

Resting

Cover the baguettes with a damp cloth and let them rise for another 30 minutes.

**Prep Time:** 30 mins

**Cook Time:** 0 mins

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## Step 10

Preheating

Preheat the oven to 450°F (230°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 11

### Cutting

Using a sharp knife, make diagonal slashes on the top of each baguette.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 12

### Baking

Bake the baguettes in the preheated oven for 20-25 minutes, or until golden brown.

**Prep Time:** 20 mins

**Cook Time:** 25 mins

## Step 13

### Cooling

Remove the baguettes from the oven and let them cool on a wire rack before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 275 kcal

**Fat:** 1 g

**Protein: 8 g**

**Carbohydrates: 57 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	57 g	103.64%	114%
Fibers	2 g	5.26%	8%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	235 mg	10.22%	10.22%
Calcium	1 mg	0.1%	0.1%
Iron	3 mg	37.5%	16.67%
Potassium	80 mg	2.35%	3.08%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Cuisines

Italian

### Course

Breads Snacks Sauces & Dressings

### Cooking Method

Steaming Microwaving Blanching Sautéing Roasting Smoking Curing  
 Blending Grinding Freezing Canning Drying Pickling Sous Vide  
 Pasteurizing Fermenting Infusing Pressing Jellying Carbonating  
 Whipping Stirring Simmering Cutting Cut Mixing Resting Plating  
 Serving Cooking None Stir-frying Mashing Preheating Sprinkling  
 Heating Refrigerating Preparation Cooling Oven Stove

### Healthy For

Gastroesophageal reflux disease (GERD) Gastritis Peptic ulcer disease  
 Inflammatory bowel disease (IBD) Irritable bowel syndrome (IBS) Celiac disease  
 Diverticulitis Hemorrhoids Appendicitis Gallstones Pancreatitis  
 Liver disease Gastroparesis Gastroenteritis Hepatitis Colorectal cancer

### Meal Type

Lunch Dinner Snack Supper



## Difficulty Level

Medium

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