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## Ciabatta Roll •

A traditional Italian bread roll with a crispy crust and soft interior. It is commonly used for sandwiches and paninis.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Bread Flour
350 ml	Water
2 tsp	Salt
2 tsp	Yeast

### Directions

## Step 1

### Mixing

In a large mixing bowl, combine the bread flour, water, salt, and yeast. Mix until a sticky dough forms.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 2

### Resting

Cover the bowl with a clean kitchen towel and let the dough rise for 1-2 hours, or until it has doubled in size.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

### Preheating

Preheat the oven to 450°F (230°C).

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

### Shaping

Transfer the risen dough onto a floured surface and gently shape it into a rectangular shape.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Cutting

Cut the dough into 4 equal-sized pieces and place them on a baking sheet lined with parchment paper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Baking

Bake the ciabatta rolls in the preheated oven for 15-20 minutes, or until they are golden brown and sound hollow when tapped on the bottom.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 7

Cooling

Remove the rolls 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:** 56 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	56 g	101.82%	112%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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
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	390 mg	16.96%	16.96%
Calcium	1 mg	0.1%	0.1%
Iron	20 mg	250%	111.11%
Potassium	90 mg	2.65%	3.46%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Cuisines

Italian

### Course

Breads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

### Meal Type

Supper

Lunch

Dinner

Snack

### Cooking Method

Steaming

Cutting

Serving

Cooking

None

Stir-frying

Mashing

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

### Difficulty Level

Easy

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