



# Italian Bread

## USDA Recipe for CACFP

This versatile Italian Bread is a nutritious and delicious addition to any menu!

**CACFP CREDITING INFORMATION**  
 1 slice provides 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Active dry yeast		2 Tbsp 1 tsp	2⅔ oz	¼ cup 2 tsp	<b>1</b> For best results, all ingredients and utensils should be at room temperature.
Water (110 °F)		½ cup		1 cup	<b>2</b> Dissolve dry yeast in warm water (110 °F). Let stand for 4–5 minutes. Set aside for step 5.
Whole-wheat flour	1 lb	3½ cups	2 lb	1 qt 3 cups	<b>3</b> Place flour, dry milk, sugar, and salt in a commercial mixer (batch as needed). Using a dough hook attachment, mix on low speed for 2 minutes. Leave dry ingredients in mixer.
Enriched bread flour	14 oz	3⅞ cups	1 lb 12 oz	1 qt 2¼ cups	<b>4</b> Add water and mix for 1 minute on low speed.
Instant nonfat dry milk	1½ oz	3 Tbsp	3 oz	¼ cup 2 Tbsp	<b>5</b> Add dissolved yeast and mix for 2 minutes on low speed.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sugar		2 Tbsp	2 oz	¼ cup	<b>6</b> Add shortening, and mix for 2 minutes on low speed.
Salt		1¾ tsp		1 Tbsp ½ tsp	<b>7</b> Knead dough for 8 minutes on medium speed or until dough is smooth and elastic.
Water (70 °F to 75 °F)		1½ cups		3 cups	<b>8</b> Place dough in a warm area (about 90 °F) for 45–60 minutes.
Shortening, trans-fat free		2 Tbsp		¼ cup	<b>9</b> Punch dough to remove air bubbles and let rest for 15 minutes.
					<b>10</b> After 15 minutes, begin shaping dough on a lightly floured surface.  For 25 servings, shape about 3 lb dough into a smooth, 24"-long loaf. For 50 servings, divide dough into 2 pieces, about 3 lb each. Shape each piece into a smooth, 24"-long loaf.
White whole-grain cornmeal		1 Tbsp		2 Tbsp	<b>11</b> Place loaf lengthwise in a loaf pan (20¾" x 6⅞") lightly coated with pan-release spray and sprinkled with 1 Tbsp cornmeal.  For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>12</b> Place loaf pans in a warm area (about 90 °F) until double in size for 30–50 minutes.
					<b>13</b> Brush top of each loaf with water. Using scissors or a very sharp knife, cut 5–6 diagonal slits ¼" deep on top of each loaf.
					<b>14</b> Bake until browned: Conventional oven: 400 °F for 25 minutes. Convection oven: 350 °F for 20 minutes.



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					<b>15</b> Remove from oven.
(Optional) Dried oregano		½ tsp		1 tsp	<b>16</b> (Optional) Combine spices and oil in a small bowl. Stir well. Spread oil mixture evenly over loaf.
(Optional) Dried basil		½ tsp		1 tsp	
(Optional) Dried parsley		½ tsp		1 tsp	
(Optional) Garlic powder		½ tsp		1 tsp	
(Optional) Olive oil		1 Tbsp		2 Tbsp	
					<b>17</b> Allow bread to come to room temperature before cutting.
					<b>18</b> Portion: Cut each loaf into 25 slices, 7/8" thick.



## NUTRITION INFORMATION

For 1 slice.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>140</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>176 mg</b>
<b>Total Carbohydrate</b>	<b>27 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	7 IU
Calcium	25 mg
Iron	1 mg
Potassium	129 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## NOTES

Cooking Process #2: Same-Day Service.

## YIELD/VOLUME

25 Servings	50 Servings
About 2 lb 9 oz About 1 qt 1 <sup>1</sup> / <sub>8</sub> cups/1 loaf pan (20 <sup>3</sup> / <sub>4</sub> " x 6 <sup>7</sup> / <sub>16</sub> ")	About 5 lb 2 oz About 2 qt 2 <sup>1</sup> / <sub>4</sub> cups/2 loaf pans (20 <sup>3</sup> / <sub>4</sub> " x 6 <sup>7</sup> / <sub>16</sub> ")