



Apple Honey Challah



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



2076 kcal

BREAD

Ingredients

- ☐ 1 packet yeast dry
- ☐ 2 tbsp canola oil
- ☐ 1 eggs
- ☐ 3 egg yolk
- ☐ 5 cups flour
- ☐ 3 medium apples i use 2 granny smith apples
- ☐ 0.8 cup honey
- ☐ 0.5 tsp salt

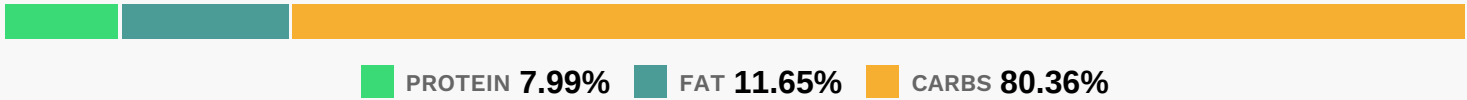
- ☐ 0.3 cup sugar
- ☐ 2 tbsp sugar
- ☐ 2 tsp vanilla
- ☐ 1 tbsp water cold

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Apple Honey Challah
- ☐ Dough Ingredients1 1/2 cups lukewarm water, divided1 packet active dry yeast1 tsp sugar1 egg3 egg yolks3/4 cup honey2 tbsp canola oil2 tsp vanilla2 tsp salt5 to 7 cups flour3 medium granny smith apples1/4 cup sugar2 tbsp turbinado sugar (optional)Egg Wash Ingredients1 egg1 tbsp cold water1/2 tsp salt
- ☐ Servings: 2 round challot (challahs)
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:114.68, Glycemic Load:254.56, Inflammation Score:-9, Nutrition Score:46.90782617486%

Flavonoids

Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 20.56mg, Epicatechin: 20.56mg, Epicatechin: 20.56mg, Epicatechin: 20.56mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 10.95mg, Quercetin: 10.95mg,

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Nutrients (% of daily need)

Calories: 2075.68kcal (103.78%), Fat: 27.12g (41.73%), Saturated Fat: 4.89g (30.59%), Carbohydrates: 420.87g (140.29%), Net Carbohydrates: 404.69g (147.16%), Sugar: 171.22g (190.25%), Cholesterol: 373.44mg (124.48%), Sodium: 642.78mg (27.95%), Alcohol: 1.44g (100%), Alcohol %: 0.22% (100%), Protein: 41.85g (83.71%), Vitamin B1: 2.94mg (196.09%), Selenium: 129.26µg (184.65%), Folate: 714.27µg (178.57%), Vitamin B2: 2.05mg (120.88%), Manganese: 2.38mg (118.91%), Vitamin B3: 20.3mg (101.5%), Iron: 16.63mg (92.37%), Fiber: 16.19g (64.74%), Phosphorus: 544.14mg (54.41%), Vitamin B5: 3.24mg (32.4%), Copper: 0.63mg (31.44%), Vitamin E: 4.06mg (27.04%), Zinc: 3.77mg (25.15%), Vitamin B6: 0.47mg (23.27%), Magnesium: 91.66mg (22.91%), Potassium: 796.12mg (22.75%), Vitamin K: 17.19µg (16.38%), Vitamin C: 13.2mg (16%), Vitamin A: 655.56IU (13.11%), Vitamin D: 1.9µg (12.65%), Calcium: 121.82mg (12.18%), Vitamin B12: 0.72µg (12.08%)