



Apricot brioche

 Vegetarian

READY IN



960 min.

SERVINGS



16

CALORIES



218 kcal

Ingredients

- ☐ 375 g strong flour white
- ☐ 50 g caster sugar
- ☐ 7 g sachet fast-action yeast
- ☐ 2 tsp salt
- ☐ 100 ml milk
- ☐ 4 eggs
- ☐ 175 g butter softened
- ☐ 140 g apricots dried diced

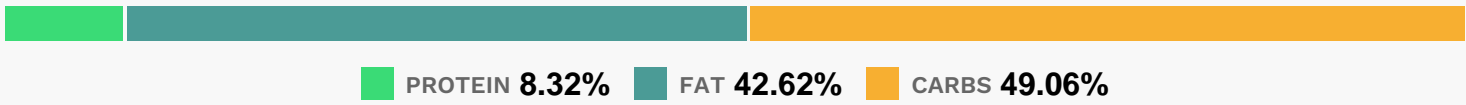
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ In a mixer or large bowl, mix together the flour, sugar, yeast and salt, then add the milk and 3 of the eggs and continue mixing to make a smooth dough 5 mins in the mixer or 8 mins by hand.
- ☐ Add the softened butter and mix for a further 5 mins in a mixer or 10 mins by hand.
- ☐ Put the dough in a lightly oiled bowl and leave in the fridge overnight. Your dough will then be stiff and easy to shape.
- ☐ Grease 2 x 500g bread tins, then divide the dough into about 16 pieces and prod some apricots into each piece. Seal them up and shape into little balls.
- ☐ Place the balls in a tin in sequences of 2 until the tin is full. It should take no more than 8 pieces to fill each tin. Leave the brioche for 3 hrs to prove until doubled in size.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Brush with 1 beaten egg and bake for 20 mins until golden brown and the loaves sound hollow when tapped underneath. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:16.66, Glycemic Load:16.85, Inflammation Score:-5, Nutrition Score:6.3286956179401%

Nutrients (% of daily need)

Calories: 217.87kcal (10.89%), Fat: 10.44g (16.06%), Saturated Fat: 6.13g (38.3%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 25.65g (9.33%), Sugar: 8.21g (9.12%), Cholesterol: 65.21mg (21.74%), Sodium: 380.68mg (16.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.17%), Selenium: 11.8µg (16.86%), Vitamin B1: 0.24mg (16.13%), Folate: 59.5µg (14.88%), Vitamin A: 658.52IU (13.17%), Vitamin B2: 0.2mg (11.95%), Manganese: 0.19mg (9.3%), Vitamin B3: 1.81mg (9.03%), Iron: 1.53mg (8.49%), Phosphorus: 65.23mg (6.52%), Fiber: 1.39g (5.56%), Vitamin E: 0.77mg (5.1%), Potassium: 158.35mg (4.52%), Vitamin B5: 0.41mg (4.12%), Copper: 0.07mg

(3.7%), Zinc: 0.41mg (2.75%), Magnesium: 10.51mg (2.63%), Vitamin B6: 0.05mg (2.62%), Calcium: 25.38mg (2.54%),
Vitamin B12: 0.15µg (2.53%), Vitamin D: 0.29µg (1.94%), Vitamin K: 1.16µg (1.11%)