



Babi's Houska

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



451 kcal

SIDE DISH

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 10 tablespoon butter plus more to brush top of houska, if desired
- ☐ 3 large egg yolks
- ☐ 5 cups flour all-purpose divided
- ☐ 0.5 cup golden raisins plus more if desired
- ☐ 0.3 teaspoon mace
- ☐ 1 cup milk
- ☐ 1 teaspoon salt

- ☐ 0.8 cup sugar
- ☐ 1 large eggs whole

Equipment

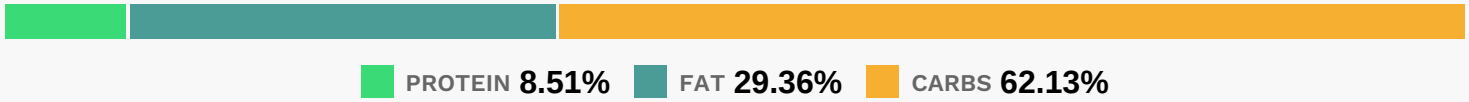
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ toothpicks
- ☐ stand mixer

Directions

- ☐ Combine milk and sugar in a small saucepan over high heat.
- ☐ Heat just until small bubbles appear around edges.
- ☐ Remove from heat. Stir in butter until melted; add salt.
- ☐ Let mixture cool to warm.
- ☐ Dissolve yeast in about 1/4 cup warm water.
- ☐ Transfer milk mixture to bowl of a stand mixer fitted with paddle attachment.
- ☐ Add yeast mixture, and beat in 1 whole egg and 3 egg yolks.
- ☐ Add 3 cups flour and mace, and beat until smooth. Fit mixer with dough hook.
- ☐ Add remaining 2 to 3 cups flour, 1/2 cup at a time, mixing well after each addition, until smooth and elastic, not sticky.
- ☐ Add raisins, and mix well to combine.
- ☐ Sprinkle a little flour over dough, place in a large bowl, cover, and let rise in a warm place about 1 1/2 hours or until doubled in bulk.
- ☐ Place dough on a floured surface, and divide into 8 balls: 3 large (softball-size), 3 medium (tennis ball-size), and 2 small (slightly larger than golf ball-size). Knead each ball well.
- ☐ Roll large balls into 16-inch ropes, and braid together.

- ☐ Place on a baking pan. Repeat with medium balls, and place braid on top of first braid. Repeat again with small balls; place braid on top of second braid. (You may need to secure ropes with toothpicks to avoid slippage during rising and baking.) Cover and let rise 1 hour.
- ☐ Preheat oven to 32
- ☐ Brush houska with melted butter, if desired.
- ☐ Bake at 325 for 35 to 40 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:28.98, Glycemic Load:48.52, Inflammation Score:-6, Nutrition Score:13.221304419248%

Flavonoids

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 450.58kcal (22.53%), Fat: 14.78g (22.74%), Saturated Fat: 8.42g (52.63%), Carbohydrates: 70.38g (23.46%), Net Carbohydrates: 68.01g (24.73%), Sugar: 20.66g (22.95%), Cholesterol: 106.71mg (35.57%), Sodium: 344.42mg (14.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.28%), Vitamin B1: 0.67mg (44.84%), Folate: 158.02µg (39.5%), Selenium: 26.44µg (37.77%), Vitamin B2: 0.47mg (27.68%), Manganese: 0.46mg (23.01%), Vitamin B3: 4.38mg (21.9%), Iron: 3.31mg (18.37%), Phosphorus: 142.72mg (14.27%), Vitamin A: 490.33IU (9.81%), Fiber: 2.37g (9.48%), Vitamin B5: 0.81mg (8.11%), Copper: 0.13mg (6.64%), Zinc: 0.87mg (5.81%), Vitamin B6: 0.11mg (5.7%), Calcium: 56.81mg (5.68%), Potassium: 187.5mg (5.36%), Magnesium: 21.2mg (5.3%), Vitamin B12: 0.3µg (5.01%), Vitamin D: 0.64µg (4.29%), Vitamin E: 0.57mg (3.78%), Vitamin K: 1.55µg (1.48%)