



Babka II

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



440 kcal

DESSERT

Ingredients

- 0.3 ounce active yeast dry
- 1 cup butter melted
- 4 eggs separated
- 8 cups flour all-purpose
- 2 cups milk
- 1 tablespoon orange zest grated
- 1 cup raisins
- 1 cup warm water (110 degrees F/45 degrees C)

1 cup sugar white

Equipment

bowl

oven

mixing bowl

loaf pan

Directions

In a small mixing bowl, dissolve the yeast in the warm water.

Let stand until creamy, about 10 minutes.

In a large bowl, combine the yeast mixture, 2 cups of the flour, the whole eggs, egg yolks, sugar, milk and orange zest; mix well.

Add the remaining flour, 1 cup at a time, until the dough comes together. Turn the dough onto a lightly floured surface and knead until smooth and supple, about 5 minutes.

Flatten the dough out with your hands and smear 1/3 cup of the butter on the dough. Fold up the dough and knead gently to incorporate the butter into the dough. Repeat this twice until all of the butter is incorporated. Use the same method to incorporate the raisins.

Lightly oil a large mixing bowl.

Place the dough in the bowl and turn the dough to coat with oil. Cover with a damp cloth and let stand in a warm place until doubled in volume; about 1 hour.

Preheat oven to 350 degrees F(175 degrees C).

Turn the dough onto a lightly floured surface and divide into two equal size pieces. Form each piece into a loaf and place them in two lightly greased 9x5 inch loaf pans. Cover with a damp cloth and let rise until doubled, about 40 minutes.

Brush the tops of the loaves with egg whites and bake at 350 degrees F(175 degrees C) until the top of the loaves are golden and the bottom of the loaves sound hollow when tapped, about 30 to 40 minutes.

Nutrition Facts



■ PROTEIN 8.48% ■ FAT 29.04% ■ CARBS 62.48%

Properties

Glycemic Index:18.24, Glycemic Load:47.6, Inflammation Score:-6, Nutrition Score:12.246087001718%

Nutrients (% of daily need)

Calories: 440.01kcal (22%), Fat: 14.26g (21.94%), Saturated Fat: 8.32g (52.01%), Carbohydrates: 69.04g (23.01%), Net Carbohydrates: 66.58g (24.21%), Sugar: 14.16g (15.73%), Cholesterol: 75.08mg (25.03%), Sodium: 123.32mg (5.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.75%), Vitamin B1: 0.57mg (38.14%), Selenium: 25.45µg (36.36%), Folate: 130.72µg (32.68%), Vitamin B2: 0.44mg (26.05%), Manganese: 0.46mg (22.83%), Vitamin B3: 4.02mg (20.09%), Iron: 3.35mg (18.61%), Phosphorus: 133.19mg (13.32%), Fiber: 2.46g (9.85%), Vitamin A: 464.93IU (9.3%), Copper: 0.13mg (6.56%), Vitamin B5: 0.64mg (6.37%), Potassium: 211.25mg (6.04%), Calcium: 60.3mg (6.03%), Magnesium: 22.2mg (5.55%), Zinc: 0.77mg (5.15%), Vitamin B12: 0.29µg (4.78%), Vitamin B6: 0.09mg (4.48%), Vitamin D: 0.56µg (3.7%), Vitamin E: 0.5mg (3.32%), Vitamin K: 1.31µg (1.24%), Vitamin C: 1mg (1.21%)