



Basic Brioche

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



27 kcal

Ingredients

- 1 serving hermann-grima brioche dough
- 1 egg yolk beaten
- 2 teaspoons milk

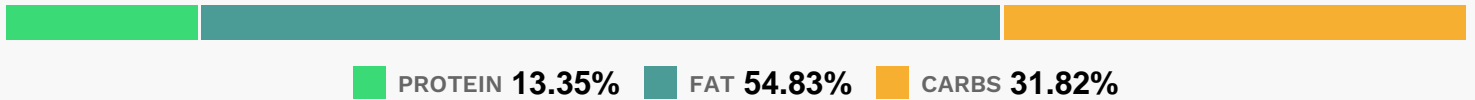
Equipment

- oven
- wire rack

Directions

- Cut off one-third of dough; set aside. Lightly knead larger portion of dough 4 to 5 times; shape into a ball, and place in a well-greased 5 cup brioche mold. Shape smaller reserved portion of dough into a ball, rolling one end to form a tapered, teardrop shape. Set aside.
- Using three floured fingers, press down into center of dough in brioche mold, touching bottom of mold. Enlarge this cavity to shape of tapered end of reserved dough ball.
- Place tapered end into cavity, rounding upper portion of teardrop to form a smooth ball. Cover and repeat rising procedure 1 hour or until doubled in bulk.
- Combine egg yolk and milk, stirring well. Lightly brush mixture over top of brioche.
- Bake at 350 for 45 minutes or until golden brown.
- Remove bread from mold immediately; cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.50000000234855%

Nutrients (% of daily need)

Calories: 26.76kcal (1.34%), Fat: 1.64g (2.52%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 2.14g (0.78%), Sugar: 0.07g (0.08%), Cholesterol: 31.93mg (10.64%), Sodium: 21.55mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.79%), Selenium: 1.28µg (1.83%), Vitamin A: 71.96IU (1.44%)