



Braided Brioche

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



66 kcal

BREAD

Ingredients

- ☐ 1 package active yeast dry
- ☐ 0.3 lb butter
- ☐ 2 large egg yolks
- ☐ 2 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup water

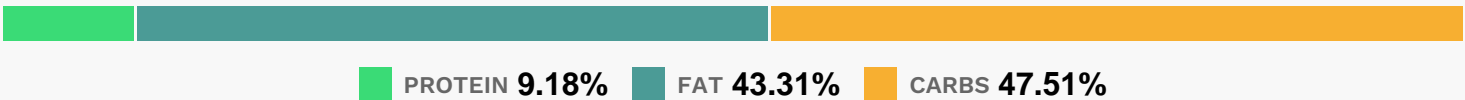
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Process ingredients on dough cycle, according to manufacturer's directions.
- ☐ At the end of the cycle, scrape the dough onto a board lightly coated with all-purpose flour. Divide dough into 3 equal pieces. If making a 1 1/2-pound loaf, roll each piece to form a rope about 12 inches long. For a 2-pound loaf, roll each piece to form a rope about 14 inches long.
- ☐ Lay ropes parallel about 1 inch apart on a buttered 14- by 17-inch baking sheet. Pinch ropes together at one end, braid loosely, then pinch braid end together.
- ☐ Cover loaf lightly with plastic wrap and let stand in a warm place until puffy, about 35 minutes.
- ☐ Remove plastic wrap.
- ☐ Beat 1 large egg yolk to blend with 1 tablespoon water.
- ☐ Brush braid with egg mixture.
- ☐ Bake braid in a 350 oven until golden brown, about 30 minutes. Cool on a rack at least 15 minutes before slicing.
- ☐ Serve hot, warm, or cool.
- ☐ To make a 2-pound loaf, use 1/3 cup water, 3 large eggs, 2 large egg yolks, 3/4 cup (3/8 lb.) butter or margarine, 3 1/3 cups all-purpose flour, 1/4 cup sugar, 1/2 teaspoon salt and 1 package active dry yeast.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:5.49, Inflammation Score:-2, Nutrition Score:1.9599999883415%

Nutrients (% of daily need)

Calories: 65.74kcal (3.29%), Fat: 3.15g (4.85%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 7.5g (2.73%), Sugar: 1.04g (1.15%), Cholesterol: 20.53mg (6.84%), Sodium: 66.79mg (2.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3.01%), Selenium: 4.35µg (6.21%), Vitamin B1: 0.09mg (6.17%), Folate: 23.15µg (5.79%), Vitamin B2: 0.07mg (4.1%), Manganese: 0.06mg (3.06%), Vitamin B3: 0.59mg (2.97%), Vitamin A: 141.29IU (2.83%), Iron: 0.48mg (2.68%), Phosphorus: 20.52mg (2.05%), Vitamin B5: 0.14mg (1.38%), Fiber: 0.29g (1.15%), Vitamin E: 0.16mg (1.04%)