



Braided Egg Bread

READY IN



45 min.

SERVINGS



16

CALORIES



266 kcal

BREAD

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 1 eggs lightly beaten
- ☐ 0.5 cup egg substitute
- ☐ 1 egg yolk
- ☐ 5.5 cups flour all-purpose
- ☐ 16 servings flour all-purpose
- ☐ 0.5 cup honey
- ☐ 1 teaspoon salt
- ☐ 0.3 cup shortening

☐ 1.5 cups skim milk

Equipment

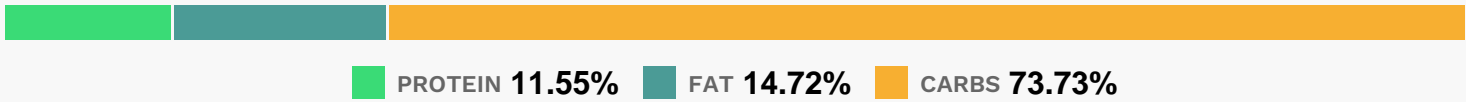
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Preheat oven to 20
- ☐ Microwave 1 1/2 cups milk at HIGH in a microwave-safe glass bowl 2 to 3 minutes or until heated. Stir in yeast; let stand 5 minutes.
- ☐ Combine 5 1/2 cups flour and salt in a large bowl; stir in yeast mixture.
- ☐ Add shortening and next 3 ingredients. Beat at low speed with an electric mixer 1 to 2 minutes. Beat at medium speed 5 more minutes.
- ☐ Sprinkle dough with additional flour, and remove from bowl. (Dough will be very sticky.)
- ☐ Place dough in a lightly greased bowl, turning to grease top. Turn off oven. Cover bowl with plastic wrap, and let rise in oven 30 minutes or until doubled in bulk.
- ☐ Remove from oven.
- ☐ Remove and discard plastic wrap.
- ☐ Punch dough down, and divide in half. Divide each half into 3 equal portions.
- ☐ Roll each portion into a 14-inch-long rope; pinch 3 ropes together at one end to seal, and braid. Repeat with remaining dough portions.
- ☐ Place braids on a parchment paper-lined baking sheet.
- ☐ Cover braids with plastic wrap, and let rise in a warm place, free from drafts, 25 to 30 minutes or until doubled in bulk.
- ☐ Brush evenly with beaten egg, and sprinkle with sesame seeds, if desired.

Bake at 350 for 25 minutes or until golden. (A wooden pick should come out clean.)

Nutrition Facts



Properties

Glycemic Index:14.72, Glycemic Load:32.79, Inflammation Score:-4, Nutrition Score:9.9117391102988%

Nutrients (% of daily need)

Calories: 266.07kcal (13.3%), Fat: 4.34g (6.68%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 48.94g (16.31%), Net Carbohydrates: 47.32g (17.21%), Sugar: 10.16g (11.29%), Cholesterol: 23.07mg (7.69%), Sodium: 176.14mg (7.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.33%), Vitamin B1: 0.52mg (34.61%), Selenium: 22.3µg (31.85%), Folate: 117.89µg (29.47%), Vitamin B2: 0.37mg (21.55%), Manganese: 0.36mg (17.92%), Vitamin B3: 3.39mg (16.94%), Iron: 2.64mg (14.65%), Phosphorus: 100.38mg (10.04%), Vitamin B5: 0.65mg (6.52%), Fiber: 1.62g (6.49%), Calcium: 47.38mg (4.74%), Zinc: 0.69mg (4.57%), Copper: 0.09mg (4.27%), Magnesium: 16.06mg (4.02%), Potassium: 127.35mg (3.64%), Vitamin B6: 0.07mg (3.5%), Vitamin B12: 0.21µg (3.43%), Vitamin D: 0.49µg (3.26%), Vitamin E: 0.4mg (2.69%), Vitamin A: 94.8IU (1.9%), Vitamin K: 1.89µg (1.8%)