



## Braided Pumpkin Wreaths

 Dairy Free

READY IN



225 min.

SERVINGS



24

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 5.8 cups flour all-purpose
- ☐ 0.3 cup sugar
- ☐ 1.5 teaspoons salt
- ☐ 2 packages yeast dry
- ☐ 1 cup pumpkin puree canned (not pie filling mix)
- ☐ 0.3 cup butter
- ☐ 1.5 cups apple cider
- ☐ 1 eggs

- ☐ 1 tablespoon water
- ☐ 2 teaspoons sesame seed
- ☐ 2 teaspoons poppy seeds

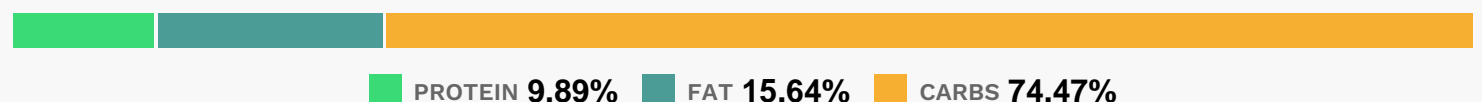
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap

## Directions

- ☐ In large bowl, stir 2 cups of the flour, sugar, salt and yeast. In 2-quart saucepan, heat pumpkin, butter and cider; over medium heat, until 120°F to 130°F.
- ☐ Add to flour mixture; beat on medium speed 3 minutes, scraping bowl occasionally.
- ☐ Stir in enough of the remaining flour to make a soft dough. On floured surface, knead until smooth and elastic, 3 to 5 minutes.
- ☐ Place dough in greased bowl, turning to grease top. Cover with plastic wrap and cloth towel; let rise in warm place until double in size, about 1 hour.
- ☐ Grease large cookie sheet. Punch down dough. Divide in half; divide each half into 3 pieces. On lightly floured surface, roll each piece into 24-inch-long rope. On cookie sheet, place 3 ropes close together. Braid loosely; pinch ends together, forming a circle. Repeat with remaining dough. Cover; let rise in warm place until almost double in size, 20 to 30 minutes.
- ☐ Heat oven to 375°F. In small bowl, beat egg and water until well blended; brush over braids; sprinkle with sesame and poppy seed.
- ☐ Bake 18 to 24 minutes or until golden brown.
- ☐ Remove from cookie sheet to wire racks. Cool about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:9.41, Glycemic Load:19.15, Inflammation Score:-8, Nutrition Score:7.0786955920251%

## Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 153.75kcal (7.69%), Fat: 2.66g (4.09%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 28.5g (9.5%), Net Carbohydrates: 27.14g (9.87%), Sugar: 4.62g (5.14%), Cholesterol: 6.82mg (2.27%), Sodium: 172.38mg (7.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.57%), Vitamin A: 1683.37IU (33.67%), Vitamin B1: 0.31mg (20.62%), Folate: 70.93µg (17.73%), Selenium: 10.93µg (15.61%), Manganese: 0.25mg (12.7%), Vitamin B2: 0.19mg (11.16%), Vitamin B3: 2.06mg (10.31%), Iron: 1.65mg (9.14%), Fiber: 1.36g (5.44%), Phosphorus: 48.06mg (4.81%), Copper: 0.07mg (3.55%), Magnesium: 11.74mg (2.94%), Vitamin B5: 0.29mg (2.89%), Potassium: 79.73mg (2.28%), Zinc: 0.33mg (2.22%), Vitamin B6: 0.04mg (1.78%), Vitamin K: 1.73µg (1.65%), Calcium: 15.59mg (1.56%), Vitamin E: 0.22mg (1.5%)