



WHATSheATE



Braided Sesame Loaf



Dairy Free

READY IN



29 min.

SERVINGS



10

CALORIES



127 kcal

SIDE DISH

Ingredients



1 pound bread dough white frozen



1 large eggs lightly beaten



1 tablespoon sesame seed

Equipment



baking sheet



oven



knife



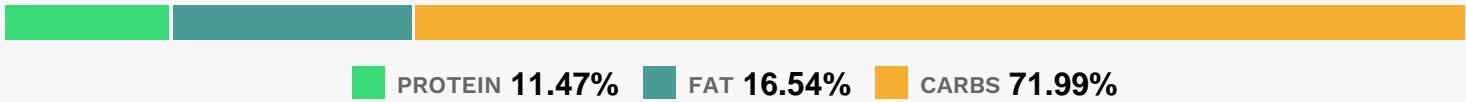
wire rack

☐ plastic wrap

Directions

- ☐ Thaw dough according to package directions.
- ☐ Place bread on a lightly floured surface.
- ☐ Roll dough to a 10 x 6-inch rectangle. Beginning 1/2 inch down from top of rectangle, and using a sharp knife, cut dough lengthwise into 3 equal strips, leaving strips attached at the top. Braid strips, pinching ends together to seal, and tucking ends under.
- ☐ Place dough on a baking sheet lightly coated with cooking spray. Coat a piece of plastic wrap with cooking spray; place over braid.
- ☐ Let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Preheat oven to 35
- ☐ Brush egg over dough.
- ☐ Sprinkle with sesame seeds.
- ☐ Bake at 350 for 25 minutes or until golden.
- ☐ Remove from baking sheet, and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.9508695612945%

Nutrients (% of daily need)

Calories: 127.29kcal (6.36%), Fat: 2.2g (3.39%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 20.58g (7.48%), Sugar: 0.02g (0.02%), Cholesterol: 18.6mg (6.2%), Sodium: 220.52mg (9.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.87%), Fiber: 0.98g (3.92%), Selenium: 1.81µg (2.59%), Copper: 0.04mg (1.81%), Phosphorus: 14.93mg (1.49%), Vitamin B2: 0.02mg (1.46%), Iron: 0.2mg (1.13%), Calcium: 10.6mg (1.06%), Manganese: 0.02mg (1.05%)