



Bread Machine Dried Cherry Brioche

 Gluten Free

READY IN



231 min.

SERVINGS



12

CALORIES



152 kcal

Ingredients

- 0.3 cup milk
- 3 tablespoons water
- 0.3 cup butter softened
- 2 egg yolk
- 2 cups yukon gold potatoes for flour
- 0.3 cup sugar
- 1 teaspoon ground cinnamon
- 0.5 teaspoon salt
- 3 teaspoons bread machine yeast

- 1 cup cherries dried
- 1 eggs beaten

Equipment

- frying pan
- oven
- wire rack
- muffin liners
- bread machine

Directions

- Measure carefully, placing all ingredients except cherries and beaten egg in bread machine pan in the order recommended by the manufacturer.
- Select Dough/Manual cycle. Do not use Delay cycle.
- Add cherries at the beep signal or 5 to 10 minutes before the last kneading cycle ends.
- Remove dough from pan, using lightly floured hands. Cover and let rest 10 minutes on lightly floured surface.
- Grease 12 large muffin cups, 3x1 1/2 inches. Divide dough into 16 equal pieces. Shape each piece into a ball, using floured hands.
- Cut 4 balls into 3 pieces each; roll into small balls.
- Place 12 large balls in muffin cups. Make indentation in center of each large ball with thumb.
- Place 1 small ball in each indentation. Cover and refrigerate 2 hours.
- Remove rolls from refrigerator.
- Let rise covered in warm place 40 to 45 minutes or until almost double.
- Heat oven to 350°F.
- Brush beaten egg over rolls.
- Bake 22 to 26 minutes or until golden brown. Immediately remove from pan.
- Serve warm, or cool on wire rack.

Nutrition Facts



■ PROTEIN 8.2% ■ FAT 37.94% ■ CARBS 53.86%

Properties

Glycemic Index:16.4, Glycemic Load:9.01, Inflammation Score:-5, Nutrition Score:5.1717390729033%

Flavonoids

Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 151.58kcal (7.58%), Fat: 6.53g (10.05%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 18.62g (6.77%), Sugar: 11.36g (12.62%), Cholesterol: 46.65mg (15.55%), Sodium: 169.8mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.35%), Vitamin A: 656.71IU (13.13%), Vitamin B1: 0.18mg (11.82%), Folate: 41.32µg (10.33%), Vitamin C: 7.79mg (9.44%), Fiber: 2.24g (8.95%), Vitamin B6: 0.16mg (7.77%), Vitamin B2: 0.1mg (6.18%), Potassium: 197.23mg (5.64%), Phosphorus: 55.98mg (5.6%), Manganese: 0.1mg (4.83%), Vitamin B3: 0.92mg (4.62%), Vitamin B5: 0.45mg (4.54%), Selenium: 3.16µg (4.51%), Iron: 0.66mg (3.67%), Calcium: 30.16mg (3.02%), Magnesium: 11.26mg (2.82%), Copper: 0.05mg (2.73%), Zinc: 0.35mg (2.36%), Vitamin E: 0.32mg (2.14%), Vitamin B12: 0.13µg (2.1%), Vitamin D: 0.29µg (1.94%)