



Brioche With Gruyère And Parmesan

READY IN



45 min.

SERVINGS



8

CALORIES



84 kcal

Ingredients

- ☐ 1 serving hermann-grima brioche dough
- ☐ 1 egg yolk beaten
- ☐ 3 ounces gruyère cheese shredded divided
- ☐ 2 teaspoons milk
- ☐ 0.3 cup parmesan cheese divided grated

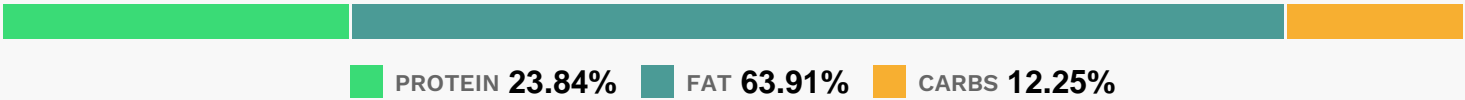
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Knead dough lightly 4 to 5 times, kneading in 6 tablespoons Gruyere cheese and 2 tablespoons Parmesan cheese.
- ☐ Shape dough into an oval loaf; place on a greased baking sheet. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Combine egg yolk and milk, stirring well; gently brush mixture over loaf.
- ☐ Sprinkle with remaining cheese.
- ☐ Bake at 350 for 45 minutes or until loaf sounds hollow when tapped. Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.3869565109844%

Nutrients (% of daily need)

Calories: 83.83kcal (4.19%), Fat: 5.95g (9.15%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.11g (0.13%), Cholesterol: 46.34mg (15.45%), Sodium: 152.14mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Calcium: 141.94mg (14.19%), Phosphorus: 94.17mg (9.42%), Selenium: 3.92µg (5.6%), Vitamin B12: 0.26µg (4.38%), Zinc: 0.61mg (4.05%), Vitamin A: 199.78IU (4%), Vitamin B2: 0.05mg (3.18%), Vitamin D: 0.21µg (1.43%), Vitamin B5: 0.14mg (1.42%), Magnesium: 5.18mg (1.3%), Folate: 4.54µg (1.13%)