



Butternut-Raisin Bread

READY IN



45 min.

SERVINGS



16

CALORIES



268 kcal

Ingredients

- ☐ 5.8 cups bread flour divided
- ☐ 1.3 cups butternut squash cooked mashed (1 small)
- ☐ 1 teaspoon ground cinnamon
- ☐ 3.5 teaspoons milk 1% low-fat
- ☐ 0.3 cup warm milk 1% low-fat (120° to 130°)
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 cup powdered sugar sifted
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons stick margarine divided melted

- ☐ 3 tablespoons sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable oil
- ☐ 0.8 cup warm water (120° to 130°)
- ☐ 2 packages rapid-rise yeast

Equipment

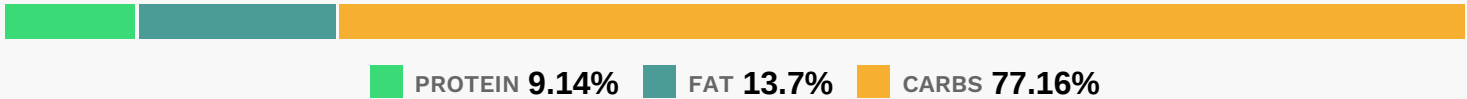
- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ stand mixer

Directions

- ☐ Combine cinnamon and 3 tablespoons sugar; set aside.
- ☐ Combine 5 cups flour and yeast in a mixing bowl.
- ☐ Combine water and milk; gradually add to flour mixture, beating at medium speed of a heavy-duty stand mixer until well blended.
- ☐ Combine squash, molasses, oil, and salt; add to flour mixture, beating well.
- ☐ Add enough of remaining flour, 1 tablespoon at a time, to form a soft dough.
- ☐ Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes), adding enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 25 minutes or until doubled in bulk. Punch dough down; turn dough out onto a lightly floured surface, and knead 5 times. Divide dough in half. Working with 1 portion at a time, (cover remaining dough to keep it from drying out), roll each portion into a 16- x 7-inch rectangle.
- ☐ Brush each with 1 tablespoon melted butter; sprinkle with half of reserved cinnamon-sugar mixture and half of raisins.

- ☐ Roll up each rectangle tightly, starting with short side. Press firmly to eliminate air pockets; pinch seam and ends to seal.
- ☐ Place each roll of dough, seam side down, in a 9- x 5-inch loaf pan coated with cooking spray. Cover and let rise 20 minutes or until doubled in bulk.
- ☐ Preheat oven to 35
- ☐ Bake at 350 for 30 minutes or until loaves sound hollow when tapped.
- ☐ Remove from pans immediately, and let cool on wire racks.
- ☐ Combine powdered sugar, milk, and vanilla, stirring well.
- ☐ Drizzle over loaves.

Nutrition Facts



Properties

Glycemic Index:15.31, Glycemic Load:26.32, Inflammation Score:-7, Nutrition Score:7.6082608842331%

Nutrients (% of daily need)

Calories: 267.64kcal (13.38%), Fat: 4.1g (6.3%), Saturated Fat: 0.73g (4.53%), Carbohydrates: 51.89g (17.3%), Net Carbohydrates: 49.97g (18.17%), Sugar: 14.16g (15.73%), Cholesterol: 0.24mg (0.08%), Sodium: 170.41mg (7.41%), Alcohol: 0.02g (100%), Alcohol %: 0.03% (100%), Protein: 6.15g (12.3%), Selenium: 19.09µg (27.27%), Vitamin A: 1316.92IU (26.34%), Manganese: 0.5mg (24.88%), Vitamin B1: 0.15mg (10.27%), Folate: 38.71µg (9.68%), Fiber: 1.92g (7.69%), Magnesium: 30.6mg (7.65%), Copper: 0.14mg (6.82%), Phosphorus: 63.46mg (6.35%), Potassium: 217.84mg (6.22%), Vitamin B3: 1.05mg (5.24%), Iron: 0.89mg (4.94%), Vitamin B2: 0.08mg (4.82%), Vitamin B6: 0.09mg (4.74%), Vitamin B5: 0.43mg (4.25%), Vitamin E: 0.55mg (3.65%), Zinc: 0.52mg (3.45%), Calcium: 33.02mg (3.3%), Vitamin C: 2.71mg (3.28%), Vitamin K: 3.44µg (3.27%)