



Challah II

 Vegetarian  Dairy Free

READY IN



180 min.

SERVINGS



24

CALORIES



172 kcal

BREAD

Ingredients

- 0.7 cup canola oil
- 1 egg white
- 3 eggs
- 6.5 cups flour all-purpose
- 0.7 cup honey
- 0.3 ounce yeast instant
- 2 teaspoons salt
- 1 cup warm water (110 degrees F/45 degrees C)

1 tablespoon water

Equipment

bowl

baking sheet

oven

Directions

In a large bowl, dissolve yeast in warm water.

Let stand until creamy, about 10 minutes.

Stir the oil, honey, eggs, salt and four cups of flour into the yeast mixture; beat well. Stir in the remaining flour, 1/2 cup at a time, mixing well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes.

Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.

Deflate the dough and turn it out onto a floured surface divide into 4 pieces and braid.

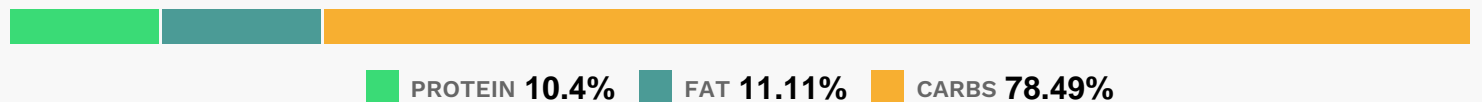
Place the loaf on a lightly greased baking sheet. Cover with a damp cloth and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).

In a small bowl, combine the egg white and water; beat lightly.

Brush the risen loaf with the egg wash.

Bake in preheated oven for 30 to 40 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:5.3, Glycemic Load:22.74, Inflammation Score:-2, Nutrition Score:5.6786956396764%

Nutrients (% of daily need)

Calories: 172.33kcal (8.62%), Fat: 2.12g (3.27%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 33.76g (11.25%), Net Carbohydrates: 32.75g (11.91%), Sugar: 7.85g (8.72%), Cholesterol: 20.46mg (6.82%), Sodium: 205.4mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.95%), Vitamin B1: 0.3mg (20.03%), Selenium: 13.51µg (19.31%), Folate: 71.69µg (17.92%), Vitamin B2: 0.21mg (12.54%), Manganese: 0.24mg (12.08%), Vitamin B3: 2.13mg (10.67%), Iron: 1.72mg (9.53%), Phosphorus: 49.9mg (4.99%), Fiber: 1.01g (4.05%), Copper: 0.06mg (2.98%), Vitamin B5: 0.28mg (2.81%), Zinc: 0.35mg (2.36%), Magnesium: 8.7mg (2.18%), Vitamin E: 0.3mg (1.97%), Vitamin B6: 0.03mg (1.55%), Potassium: 53.61mg (1.53%)