



## Cheese and Chive Challah

READY IN



45 min.

SERVINGS



24

CALORIES



157 kcal

BREAD

## Ingredients

- ☐ 2.3 cups bread flour
- ☐ 3 tablespoons butter melted
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large eggs
- ☐ 5 large egg yolk
- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose divided
- ☐ 3 ounces fontina shredded
- ☐ 0.5 cup chives fresh finely chopped

- ☐ 1 cup milk 2% reduced-fat (100° to 110°)
- ☐ 2 tablespoons parmesan fresh grated
- ☐ 1.5 teaspoons salt
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons water

## Equipment

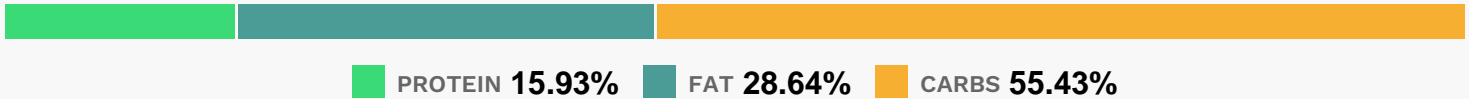
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ measuring cup

## Directions

- ☐ Combine first 3 ingredients in a large bowl; let stand 5 minutes or until bubbly. Stir in butter, salt, 5 egg yolks, and 3 eggs. Stir in fontina and chives. Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Add 7 ounces bread flour (about 2 1/4 cups) and 4 ounces (about 2 3/4 cups) all-purpose flour to yeast mixture, stirring until a soft dough forms (dough will be sticky).
- ☐ Turn dough out onto a lightly floured surface. Knead until smooth and elastic, adding remaining 1/4 cup all-purpose 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 with plastic wrap, and let rise in a warm place (85), free from drafts, for 45 minutes or until doubled in size. Punch down dough; cover and let rise 50 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Divide dough into 6 equal portions.

- ☐ Roll each portion into a ball.
- ☐ Roll each ball into a rope about 15 inches long.
- ☐ Place 3 ropes parallel to one another; braid ropes. Pinch ends together, and tuck under loaf. Repeat procedure with remaining 3 ropes.
- ☐ Place loaves on a baking sheet lined with parchment paper; coat with cooking spray. Cover and let rise 30 minutes or until doubled in size.
- ☐ Preheat oven to 37
- ☐ Combine 1 egg and 2 tablespoons water, stirring well with a whisk.
- ☐ Brush loaves gently with egg mixture.
- ☐ Sprinkle loaves evenly with Parmigiano-Reggiano.
- ☐ Bake at 375 for 25 minutes or until golden.
- ☐ Remove from baking sheet; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:15.05, Glycemic Load:14.27, Inflammation Score:-3, Nutrition Score:5.6860869345458%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 157.22kcal (7.86%), Fat: 4.93g (7.59%), Saturated Fat: 2.43g (15.17%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 20.67g (7.52%), Sugar: 0.87g (0.96%), Cholesterol: 78.19mg (26.06%), Sodium: 210.56mg (9.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.34%), Selenium: 15.39µg (21.99%), Folate: 50.03µg (12.51%), Vitamin B1: 0.18mg (11.94%), Vitamin B2: 0.18mg (10.65%), Manganese: 0.21mg (10.5%), Phosphorus: 85.52mg (8.55%), Iron: 1.11mg (6.15%), Vitamin B3: 1.19mg (5.93%), Calcium: 50.96mg (5.1%), Vitamin B5: 0.45mg (4.5%), Vitamin A: 221.95IU (4.44%), Vitamin B12: 0.26µg (4.38%), Zinc: 0.61mg (4.07%), Fiber: 0.8g (3.21%), Copper: 0.06mg (2.85%), Vitamin D: 0.38µg (2.54%), Vitamin B6: 0.05mg (2.52%), Magnesium: 9.86mg (2.47%), Vitamin K: 2.15µg (2.05%), Vitamin E: 0.29mg (1.94%), Potassium: 65.92mg (1.88%)