

Christmas Stollen

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



171 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 2 tablespoons brandy
- ☐ 6 tablespoons butter melted
- ☐ 0.5 cup candied citron diced
- ☐ 0.3 cup apricot dried chopped
- ☐ 0.5 cup cherries dried
- ☐ 1 package yeast dry
- ☐ 1 large eggs

- ☐ 2 large eggs lightly beaten
- ☐ 3.8 cups flour all-purpose divided
- ☐ 0.3 cup golden raisins
- ☐ 0.3 cup granulated sugar
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 2 tablespoons milk 2% divided reduced-fat
- ☐ 0.5 cup milk 2% reduced-fat (100° to 110°)
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon salt

Equipment

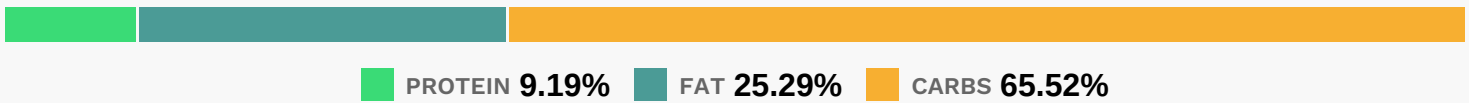
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Weigh or lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine 75 ounces (about 3 1/2 cups) flour, salt, and nutmeg.
- ☐ Combine orange juice and brandy; microwave at HIGH 45 seconds.
- ☐ Add cherries, raisins, and apricots; let stand for 20 minutes.
- ☐ Combine warm milk, granulated sugar, and yeast; let stand for 5 minutes. Stir butter and 2 eggs into yeast mixture. Stir in juice mixture, 1/2 cup citron, almonds, and rind.

- ☐ Add flour mixture to yeast mixture, stirring until a soft dough forms. Turn dough out onto a lightly floured surface. Knead 5 minutes or until dough is smooth and elastic, adding remaining 1/4 cup flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (8
- ☐ hour or until doubled in size. Punch dough down. Divide dough into 2 equal portions; roll each into an 11 x 8-inch oval. Fold 1 short end toward center; fold other short end toward center until it overlaps first end.
- ☐ Place loaves, seam side down, on a baking sheet lined with parchment paper. Cover and let rise 1 hour or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Combine 1 tablespoon milk and 1 egg. Uncover dough; brush gently with milk mixture.
- ☐ Bake at 350 for 32 minutes or until golden. Cool on wire racks.
- ☐ Combine 1 tablespoon milk and powdered sugar, stirring until smooth; drizzle over loaves.

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:13.6, Inflammation Score:-3, Nutrition Score:5.1217390972635%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 170.85kcal (8.54%), Fat: 4.77g (7.34%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 26.45g (9.62%), Sugar: 11.22g (12.46%), Cholesterol: 31.27mg (10.42%), Sodium: 87.3mg (3.8%),

Alcohol: 0.42g (100%), Alcohol %: 0.95% (100%), Protein: 3.9g (7.81%), Vitamin B1: 0.2mg (13.16%), Selenium: 8.94µg (12.76%), Folate: 47.83µg (11.96%), Vitamin B2: 0.18mg (10.48%), Manganese: 0.2mg (9.83%), Vitamin B3: 1.43mg (7.16%), Iron: 1.24mg (6.87%), Vitamin A: 288.11IU (5.76%), Phosphorus: 55.41mg (5.54%), Fiber: 1.37g (5.49%), Vitamin E: 0.73mg (4.9%), Copper: 0.07mg (3.54%), Magnesium: 12.92mg (3.23%), Potassium: 99.19mg (2.83%), Vitamin B5: 0.27mg (2.73%), Calcium: 25.41mg (2.54%), Zinc: 0.35mg (2.34%), Vitamin B6: 0.04mg (1.95%), Vitamin C: 1.55mg (1.88%), Vitamin B12: 0.09µg (1.57%)