

Christmas Stollen

 Vegetarian

READY IN



55 min.

SERVINGS



32

CALORIES



220 kcal

DESSERT

Ingredients

- 0.5 ounce yeast dry
- 0.5 pound blanched almonds and chopped
- 3 tablespoons butter melted
- 0.5 cup fruit jell-o® mix chopped
- 1.3 cups powdered sugar
- 3 eggs
- 6.5 cups flour all-purpose divided
- 0.3 cup juice of lemon

- 0.8 teaspoon lemon zest ,grated
- 0.5 pound raisins
- 0.8 teaspoon salt
- 0.8 cup sugar
- 1 teaspoon vanilla extract
- 1.5 cups water (110° to 115°)

Equipment

- bowl
- baking sheet
- oven

Directions

- Combine milk or water and yeast.
- Let stand 3–5 minutes.
- Add 1 cup flour; mix well. Cover and let rest in a warm place until light and foamy, about 1 hour.
- In a large bowl, cream butter and sugar. Beat in eggs, one at a time.
- Add salt and lemon peel. Stir in the yeast mixture and enough remaining flour to form a soft dough. Knead until smooth and elastic, about 6–8 minutes.
- Place the dough in a greased bowl and cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down; knead in raisins, nuts and fruit. Divide into two parts; roll each into a 15-in. x 8-in. oval. Fold each in half lengthwise and place on a greased baking sheet.
- Brush with melted butter. Cover and allow loaves to rise until almost doubled in bulk, about 45 minutes.
- Bake at 350° for 30–40 minutes or until golden brown. Cool on wire racks.
- Combine all glaze ingredients; brush on tops of cooled loaves.

Nutrition Facts



■ PROTEIN 8.98% ■ FAT 22.09% ■ CARBS 68.93%

Properties

Glycemic Index:7.93, Glycemic Load:20.28, Inflammation Score:-3, Nutrition Score:6.9482609389917%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 220.17kcal (11.01%), Fat: 5.52g (8.49%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 38.74g (12.91%), Net Carbohydrates: 36.59g (13.3%), Sugar: 11.51g (12.79%), Cholesterol: 18.17mg (6.06%), Sodium: 75.74mg (3.29%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 5.05g (10.09%), Vitamin B1: 0.27mg (18.12%), Manganese: 0.33mg (16.29%), Folate: 62.88µg (15.72%), Selenium: 10.25µg (14.64%), Vitamin B2: 0.23mg (13.41%), Vitamin E: 1.78mg (11.83%), Vitamin B3: 2.01mg (10.05%), Iron: 1.77mg (9.83%), Fiber: 2.16g (8.63%), Phosphorus: 78.3mg (7.83%), Magnesium: 27.72mg (6.93%), Copper: 0.14mg (6.93%), Potassium: 145mg (4.14%), Zinc: 0.49mg (3.29%), Calcium: 30.84mg (3.08%), Vitamin B5: 0.26mg (2.64%), Vitamin B6: 0.05mg (2.37%), Vitamin C: 1.27mg (1.54%), Vitamin A: 58.52IU (1.17%)