



Christopsomo (Greek Christmas Bread)

READY IN



45 min.

SERVINGS



16

CALORIES



180 kcal

BREAD

Ingredients

- 2 teaspoons aniseed crushed
- 8 candied cherries
- 2.3 teaspoons yeast dry
- 1 large egg white lightly beaten
- 2 large eggs
- 3.5 cups flour all-purpose divided
- 2 tablespoons nonfat milk dry
- 0.5 teaspoon salt
- 6 tablespoons stick margarine softened

- 0.3 cup sugar
- 1 tablespoon sugar
- 0.5 cup warm water (100° to 110°)

Equipment

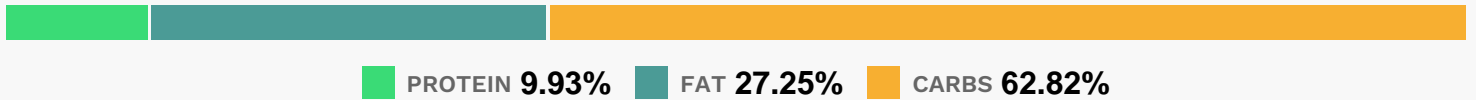
- bowl
- frying pan
- baking sheet
- oven
- knife
- wire rack
- blender
- measuring cup

Directions

- Dissolve yeast and 1 tablespoon sugar in warm water in a large bowl; let stand 5 minutes.
- Add the butter and eggs; beat at medium speed of a mixer until smooth. Lightly spoon the flour into dry measuring cups, and level with a knife.
- Combine 3 cups flour, 1/3 cup sugar, dry milk, aniseed, and salt; add to yeast mixture, beating well. Turn the dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add 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, about 1 1/2 hours. Dough will not double in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- Punch dough down; let rest 5 minutes. Pinch 2 (1 1/2-inch) balls off dough; cover and set aside. Shape remaining dough into an 8-inch round; place on a baking sheet coated with cooking spray.
- Brush with egg white. Shape each dough ball into an 8-inch-long rope; cut a 2-inch slash into the ends of each rope.
- Place 1 rope across middle of dough; brush the middle of the rope with egg white.

- Place the other rope across the middle of the rope, forming a cross. Curl the slashed ends together to form a circle; place a cherry in the middle of each circle. Arrange 4 cherries around center of cross. Cover and let rise 1 hour.
- Preheat oven to 35
- Uncover dough.
- Bake at 350 for 35 minutes or until loaf sounds hollow when tapped.
- Remove loaf from pan, and cool on a wire rack.
- NOTE: If you don't have time to decorate this bread, skip step Punch dough down; let rest. Shape the dough into a 8-inch round. Cover and let rise 1 hour.
- Bake as directed.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:18.53, Inflammation Score:-4, Nutrition Score:5.4930435474152%

Nutrients (% of daily need)

Calories: 180.2kcal (9.01%), Fat: 5.43g (8.36%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 28.18g (9.39%), Net Carbohydrates: 27.27g (9.91%), Sugar: 6.44g (7.15%), Cholesterol: 23.44mg (7.81%), Sodium: 143.5mg (6.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.91%), Vitamin B1: 0.27mg (18.04%), Selenium: 11.93µg (17.05%), Folate: 63.85µg (15.96%), Vitamin B2: 0.21mg (12.26%), Manganese: 0.2mg (9.81%), Vitamin B3: 1.81mg (9.07%), Iron: 1.49mg (8.27%), Phosphorus: 56.45mg (5.65%), Vitamin A: 253.3IU (5.07%), Fiber: 0.91g (3.64%), Vitamin B5: 0.32mg (3.19%), Copper: 0.05mg (2.52%), Zinc: 0.36mg (2.4%), Calcium: 23.28mg (2.33%), Magnesium: 8.93mg (2.23%), Potassium: 68.25mg (1.95%), Vitamin B6: 0.03mg (1.74%), Vitamin E: 0.25mg (1.69%), Vitamin B12: 0.1µg (1.69%), Vitamin D: 0.23µg (1.52%)