



Cinnamon Raisin Bread

 Vegetarian

READY IN



70 min.

SERVINGS



32

CALORIES



159 kcal

BREAD

Ingredients

- 0.5 ounce yeast dry
- 0.3 cup apple juice
- 6 tablespoons butter softened
- 1 eggs beaten
- 2 eggs lightly beaten
- 5.5 cups flour all-purpose
- 1.3 cups golden raisins
- 1 tablespoon ground cinnamon

- 1 cup milk (110° to 115°)
- 1.3 cups raisins
- 1.3 teaspoons salt
- 0.5 cup sugar
- 0.3 cup water (110° to 115°)
- 1 cup water

Equipment

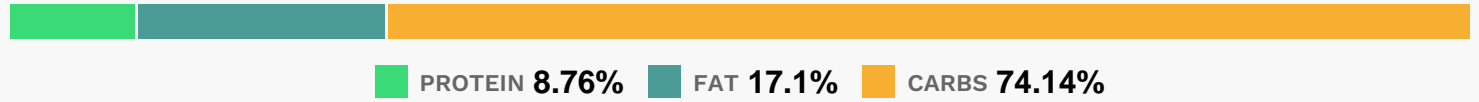
- bowl
- sauce pan
- oven
- wire rack
- loaf pan
- aluminum foil

Directions

- In a large bowl, dissolve yeast in warm water.
- Add the milk, sugar, butter, eggs, salt and 2 cups flour. Beat on medium speed for 2 minutes. Stir in enough remaining flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- In a saucepan, bring first five filling ingredients to a boil. Reduce heat to medium; cook for 15–20 minutes or until almost all the liquid is absorbed, stirring occasionally.
- Remove from the heat; set aside.
- Punch dough down. Turn onto a lightly floured surface; knead for 1 minute. Divide in half.
- Roll each half into a 12-in. x 8-in. rectangle; brush with egg.
- Spread half of the filling over each rectangle to within 1/2 in. of edges.
- Roll up jelly-roll style, starting with a short side; pinch to seal.

- Place each loaf seam side down in a greased 9-in. x 5-in. loaf pan. Cover and let rise until doubled, about 1 hour.
- Bake at 350° for 35–40 minutes or until bread sounds hollow when tapped. Cover loosely with foil if top browns to quickly.
- Remove from pans to cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:12.32, Glycemic Load:19.43, Inflammation Score:-2, Nutrition Score:5.1065217463867%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 158.9kcal (7.95%), Fat: 3.09g (4.75%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 28.63g (10.41%), Sugar: 7.39g (8.21%), Cholesterol: 21.9mg (7.3%), Sodium: 120.2mg (5.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin B1: 0.23mg (15.42%), Folate: 52.08µg (13.02%), Selenium: 8.86µg (12.66%), Manganese: 0.23mg (11.5%), Vitamin B2: 0.18mg (10.46%), Vitamin B3: 1.6mg (8%), Iron: 1.37mg (7.61%), Fiber: 1.49g (5.96%), Phosphorus: 54.34mg (5.43%), Potassium: 143.66mg (4.1%), Copper: 0.08mg (3.96%), Vitamin B6: 0.06mg (2.98%), Magnesium: 10.74mg (2.68%), Vitamin B5: 0.26mg (2.62%), Calcium: 23.66mg (2.37%), Zinc: 0.31mg (2.06%), Vitamin A: 100.99IU (2.02%), Vitamin B12: 0.08µg (1.38%), Vitamin D: 0.17µg (1.11%)