



## Cinnamon-Raisin Bread

READY IN



45 min.

SERVINGS



18

CALORIES



173 kcal

BREAD

### Ingredients

- 0.3 cup brown sugar packed
- 2 tablespoons butter cooled divided melted
- 2.3 teaspoons yeast dry
- 0.5 cup egg substitute
- 1 large egg white lightly beaten
- 0.8 cup milk fat-free
- 19 ounces flour all-purpose divided
- 0.3 cup granulated sugar
- 1.3 teaspoons ground cinnamon divided

- 0.8 cup raisins
- 1 teaspoon salt

## Equipment

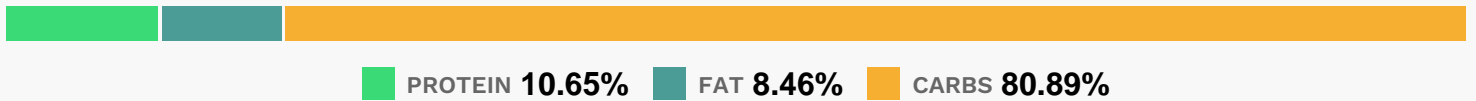
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- plastic wrap
- loaf pan
- measuring cup

## Directions

- Place raisins in a small bowl, and cover with very hot tap water.
- Let stand 10 minutes; drain well.
- Heat milk over low heat in a small, heavy saucepan to between 100 and 110; remove from heat.
- Combine warm milk, brown sugar, and yeast in a large bowl, stirring until yeast dissolves.
- Let stand 5 minutes.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine 4 cups flour, salt, and 1/4 teaspoon cinnamon.
- Add egg substitute and 1 tablespoon butter to milk mixture; stir well with a whisk until combined.
- Add to flour mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands. Lightly coat dough with cooking spray; cover and let stand 10 minutes. Knead in raisins.

- 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, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes.
- Brush a 9 x 5-inch loaf pan with 1 tablespoon butter.
- Roll dough into a 14 x 7-inch rectangle on a lightly floured surface; lightly coat surface of dough with cooking spray.
- Combine 1/4 cup granulated sugar and 1 teaspoon cinnamon in a small bowl.
- Sprinkle sugar mixture evenly over dough; lightly recoat with cooking spray. Cover dough with plastic wrap; press to help sugar mixture adhere.
- Remove and discard plastic wrap.
- Roll up rectangle tightly, starting with a short edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- Place roll, seam side down, into prepared pan. Cover and let rise 40 minutes or until doubled in size.
- Preheat oven to 35
- Uncover loaf; carefully remove exposed raisins, and gently brush dough with egg white.
- Bake at 350 for 50 minutes or until loaf is browned on bottom and sounds hollow when tapped.
- Remove from pan; cool on wire rack.

## Nutrition Facts



### Properties

Glycemic Index:16.23, Glycemic Load:21.17, Inflammation Score:-3, Nutrition Score:6.065217382882%

### Nutrients (% of daily need)

Calories: 173.37kcal (8.67%), Fat: 1.64g (2.52%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 35.26g (11.75%), Net Carbohydrates: 33.86g (12.31%), Sugar: 7.47g (8.3%), Cholesterol: 3.65mg (1.22%), Sodium: 163.36mg (7.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin B1: 0.3mg (19.89%), Selenium: 13.62µg (19.46%), Folate: 65.48µg (16.37%), Vitamin B2: 0.22mg (13.1%), Manganese: 0.25mg (12.48%), Vitamin B3: 2.02mg (10.1%), Iron: 1.73mg (9.61%), Phosphorus: 55.95mg (5.59%), Fiber: 1.4g (5.59%), Potassium: 126.29mg (3.61%),

Vitamin B5: 0.34mg (3.44%), Copper: 0.07mg (3.39%), Calcium: 30.02mg (3%), Magnesium: 11.52mg (2.88%), Zinc: 0.37mg (2.46%), Vitamin B6: 0.05mg (2.36%), Vitamin A: 75.11IU (1.5%), Vitamin D: 0.22µg (1.46%), Vitamin B12: 0.09µg (1.44%), Vitamin E: 0.16mg (1.09%)