



Cinnamon Swirl Bread



Vegetarian



Popular

READY IN



300 min.

SERVINGS



8

CALORIES



287 kcal

BREAD

Ingredients

- ☐ 2.5 teaspoons active yeast dry
- ☐ 2 tablespoons butter room temperature
- ☐ 2 tablespoons cinnamon
- ☐ 1 egg and milk
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 tablespoon milk
- ☐ 0.5 cup raisins and/or walnuts

- ☐ 1 teaspoon salt
- ☐ 0.3 cups sugar

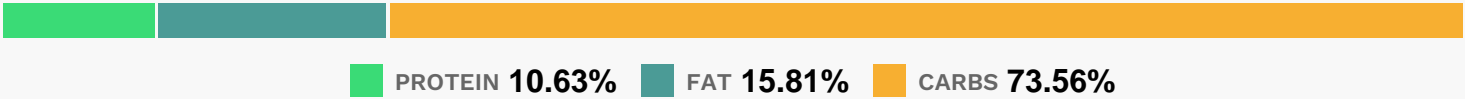
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan
- ☐ baking pan

Directions

- ☐ Heat the milk in a small sauce pan over medium-low heat, melt the butter into it without boiling, remove from heat and let cool until it is luke warm
- ☐ Mix in the yeast and let sit for 10 minutes.
- ☐ Mix the eggs and sugar in a large bowl.
- ☐ Mix in the milk.
- ☐ Mix the flour and salt and beat half of it into the milk mixture until combined. Beat in the remaining flour until combined. Knead the dough until smooth, adding more flour if it is too sticky.
- ☐ Place the dough in a large greased bowl, cover and let it rise until it has doubled in size, about 2 hours. (Tip: Warm the bowl first by filling it with hot water and drying it out just before use.)
- ☐ Place the dough on a lightly floured surface and roll it out so that it is as wide as your baking pan and about 18 to 24 inches long.
- ☐ Spread the butter over the dough.
- ☐ Mix the sugar and cinnamon and sprinkle it over the dough.
- ☐ Roll the dough up into a log.
- ☐ Place the dough into a greased 9x5x3 inch loaf pan, cover and let it rise until it has doubled in size, about 2 hours.
- ☐ Mix the egg and milk and brush it over the top of the loaf.
- ☐ Bake the loaf in a preheated 350F oven until golden brown on top, about 30-40 minutes.

Nutrition Facts



Properties

Glycemic Index:37.11, Glycemic Load:35.58, Inflammation Score:-5, Nutrition Score:10.938260759996%

Nutrients (% of daily need)

Calories: 287.45kcal (14.37%), Fat: 5.1g (7.85%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 53.4g (17.8%), Net Carbohydrates: 50.2g (18.25%), Sugar: 8.64g (9.6%), Cholesterol: 69.13mg (23.04%), Sodium: 341.59mg (14.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.43%), Manganese: 0.7mg (35.1%), Vitamin B1: 0.49mg (32.89%), Selenium: 21.27µg (30.39%), Folate: 116.78µg (29.2%), Vitamin B2: 0.37mg (21.68%), Vitamin B3: 3.3mg (16.51%), Iron: 2.89mg (16.07%), Fiber: 3.21g (12.82%), Phosphorus: 100.3mg (10.03%), Vitamin B5: 0.61mg (6.12%), Copper: 0.12mg (5.93%), Potassium: 169.48mg (4.84%), Zinc: 0.68mg (4.56%), Magnesium: 17.04mg (4.26%), Calcium: 42.55mg (4.25%), Vitamin B6: 0.08mg (4.24%), Vitamin A: 185.5IU (3.71%), Vitamin B12: 0.16µg (2.73%), Vitamin D: 0.35µg (2.34%), Vitamin E: 0.33mg (2.2%), Vitamin K: 1.07µg (1.02%)