



Citrus Pull-Apart Bread

READY IN



275 min.

SERVINGS



55

CALORIES



95 kcal

Ingredients

- 0.3 oz active yeast dry
- 55 servings citrus glaze fresh
- 4.5 cups bread flour
- 0.3 cup butter melted
- 1 cup butter divided softened
- 1 large egg white
- 2 large eggs lightly beaten
- 0.5 cup granulated sugar
- 1 teaspoon granulated sugar
- 0.3 teaspoon ground nutmeg

- 2 tablespoons honey
- 1 tablespoon juice of lemon fresh
- 1 cup milk
- 0.7 cup powdered sugar
- 1 teaspoon salt
- 0.3 cup warm water (100° to 110°)

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- plastic wrap
- loaf pan
- aluminum foil
- stand mixer
- measuring cup

Directions

- Combine first 3 ingredients in a 1-cup glass measuring cup, and let stand 5 minutes.
- Beat 1/2 cup butter at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add 1/2 cup granulated sugar and 1 tsp. salt; beat 3 minutes or until light and fluffy. Beat in eggs and next 2 ingredients. Stir in yeast mixture.
- Combine bread flour and nutmeg. Gradually add to butter mixture, and beat at low speed 2 minutes or until well blended.
- Sprinkle a flat surface generously with bread flour. Turn dough out; knead until smooth and elastic (about 5 minutes), sprinkling surface with bread flour as needed. Coat a large bowl with cooking spray.

- Place dough in bowl, turning to grease top. Cover with plastic wrap; let rise in a warm place (80 to 8
- 1/2 to 2 hours or until doubled in bulk.
- Punch dough down; turn out onto lightly floured surface. Divide dough in half.
- Roll 1 dough portion into a 20- x 12-inch rectangle.
- Spread with 1/4 cup softened butter, and cut into 5 (12- x 4-inch) strips.
- Sprinkle 2 Tbsp. Citrus Filling over 1 strip, and top with a second strip. Repeat with remaining strips and filling, stacking strips as you go.
- Cut stack into 6 (4- x 2-inch) rectangles.
- Lightly grease 2 (9- x 5-inch) loaf pans with cooking spray.
- Place stacked rectangles, cut sides up, into 1 prepared pan. Repeat procedure with remaining dough, 1/4 cup softened butter, Citrus Filling, and second pan.
- Sprinkle any remaining filling over loaves.
- Whisk together powdered sugar, melted butter, honey, and egg white until blended. Spoon over loaves. Cover loosely with plastic wrap; let rise in a warm place (80 to 8
- hour or until doubled in size.
- Preheat oven to 35
- Bake 30 to 35 minutes or until golden brown, shielding with aluminum foil after 25 minutes to prevent excessive browning, if necessary. Cool in pans on a wire rack 10 minutes.
- Remove from pans to a wire rack; brush with Fresh Citrus Glaze. Cool 5 minutes.

Nutrition Facts

PROTEIN 7.35% **FAT 43.96%** **CARBS 48.69%**

Properties

Glycemic Index:8.5, Glycemic Load:6.54, Inflammation Score:-1, Nutrition Score:1.4660869655402%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Nutrients (% of daily need)

Calories: 95.27kcal (4.76%), Fat: 4.69g (7.21%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 11.4g (4.15%), Sugar: 4.21g (4.67%), Cholesterol: 18.39mg (6.13%), Sodium: 81.12mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.53%), Selenium: 4.91µg (7.02%), Manganese: 0.08mg (4.17%), Vitamin A: 146.16IU (2.92%), Phosphorus: 20.22mg (2.02%), Folate: 7.5µg (1.88%), Vitamin B2: 0.03mg (1.83%), Vitamin B1: 0.03mg (1.73%), Vitamin E: 0.18mg (1.22%), Vitamin B5: 0.11mg (1.14%), Fiber: 0.28g (1.14%), Copper: 0.02mg (1.08%)