

# Dilly Onion Braid

 Vegetarian

READY IN



65 min.

SERVINGS



16

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 ounce yeast dry
- 2 tablespoons butter
- 1 tablespoon dill seed
- 1 teaspoons optional: dill
- 1 eggs
- 1 egg yolk
- 2.5 cups flour all-purpose
- 0.3 cup onion finely chopped

- 1.5 teaspoons salt
- 8 ounces cream sour
- 2 tablespoons sugar
- 2 teaspoons water cold

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- wire rack

## Directions

- In a large bowl, combine 1-1/2 cups flour, sugar, yeast, dill seed, dill weed and salt. In a small saucepan, heat the sour cream, water and butter to 120°-130°; add to dry ingredients. Beat on medium speed for 2 minutes.
- Add the egg, 1/2 cup flour and onion; beat 2 minutes longer. Stir in enough remaining flour to form a firm 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 1-1/2 hours.
- Punch dough down. Turn onto a lightly floured surface; divide dough into thirds. Shape each into a 20-in. rope.
- Place ropes on a greased baking sheet and braid; pinch ends to seal and tuck under. Cover and let rise until doubled, about 30 minutes.
- Beat egg yolk and cold water; brush over braid.
- Bake at 350° for 30-40 minutes or until golden brown.
- Remove from pan to a wire rack to cool.

## Nutrition Facts

PROTEIN 9.86% FAT 34.96% CARBS 55.18%

## Properties

Glycemic Index:14.82, Glycemic Load:11.9, Inflammation Score:-3, Nutrition Score:4.3143478411695%

## Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 129.07kcal (6.45%), Fat: 5.02g (7.73%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 17.84g (5.95%), Net Carbohydrates: 17.05g (6.2%), Sugar: 2.19g (2.44%), Cholesterol: 34.51mg (11.5%), Sodium: 238.99mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Vitamin B1: 0.21mg (14.09%), Folate: 50.63µg (12.66%), Selenium: 8.75µg (12.5%), Vitamin B2: 0.16mg (9.38%), Manganese: 0.15mg (7.5%), Vitamin B3: 1.36mg (6.81%), Iron: 1.08mg (6.01%), Phosphorus: 47.05mg (4.71%), Vitamin A: 163.88IU (3.28%), Fiber: 0.79g (3.16%), Calcium: 27.99mg (2.8%), Vitamin B5: 0.27mg (2.75%), Zinc: 0.31mg (2.06%), Copper: 0.04mg (2.02%), Magnesium: 7.78mg (1.94%), Vitamin B6: 0.03mg (1.74%), Potassium: 58.17mg (1.66%), Vitamin B12: 0.08µg (1.32%), Vitamin E: 0.16mg (1.1%)