



Double Braided Pumpkin Loaves

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup butter melted
- ☐ 15 ounce pumpkin canned
- ☐ 1 teaspoon cinnamon
- ☐ 2 large eggs
- ☐ 4.8 cups flour all-purpose
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger

- ☐ 1 tablespoon yeast instant
- ☐ 1.5 teaspoons salt

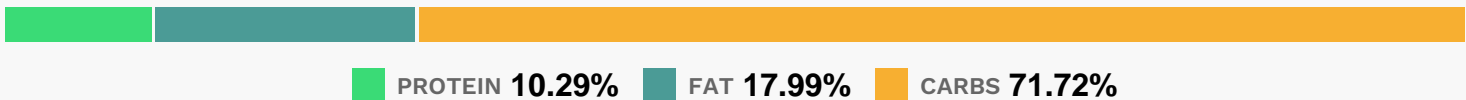
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen thermometer

Directions

- ☐ Combine all of the dough ingredients, and mix and knead them with the dough hook attachment on your mixer until you’ve made a smooth, somewhat sticky dough (I kneaded mine in the machine for 5 minutes).
- ☐ Transfer the dough to a lightly oiled bowl, cover the bowl with plastic wrap, and set it aside to rise for 1 to 1 1/2 hours; it should have expanded somewhat, but won’t be wildly puffy. Turn the dough out onto a lightly floured surface, divide it into four pieces. For each of the four pieces, divide them into another three pieces.
- ☐ Roll out three pieces to be long ropes about 1/2 inch in diameter. Make braid with the 3 ropes. Repeat with other pieces so you have four braids total. Pick two pieces to be the bottom pieces of the braided loaf. Then put a braid on top of each. Cover with plastic wrap for about 90 minutes, until they look puffy, though not doubled in bulk.
- ☐ Bake the bread in a preheated 350°F oven for 35–40 minutes, until lightly browned and an instant-read thermometer inserted into the center reads 190°F (I didn’t bother with the instant read thermometer. I just inserted a knife into it).

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:20.49, Inflammation Score:-10, Nutrition Score:11.059130386166%

Nutrients (% of daily need)

Calories: 197.53kcal (9.88%), Fat: 3.94g (6.06%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 35.33g (11.78%), Net Carbohydrates: 33.39g (12.14%), Sugar: 5.46g (6.06%), Cholesterol: 30.88mg (10.29%), Sodium: 253.31mg (11.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin A: 4259.13IU (85.18%), Vitamin B1: 0.33mg (21.87%), Selenium: 14.79µg (21.13%), Folate: 80.07µg (20.02%), Manganese: 0.38mg (19.05%), Vitamin B2: 0.24mg (13.99%), Iron: 2.28mg (12.67%), Vitamin B3: 2.41mg (12.07%), Fiber: 1.93g (7.74%), Phosphorus: 64.7mg (6.47%), Copper: 0.09mg (4.55%), Vitamin K: 4.72µg (4.49%), Vitamin B5: 0.41mg (4.1%), Magnesium: 16.07mg (4.02%), Potassium: 114.97mg (3.28%), Vitamin E: 0.46mg (3.05%), Zinc: 0.42mg (2.79%), Vitamin B6: 0.05mg (2.43%), Calcium: 22.43mg (2.24%), Vitamin C: 1.12mg (1.36%), Vitamin B12: 0.06µg (1.03%)