



Easter Bread Ring

READY IN



185 min.

SERVINGS



8

CALORIES



418 kcal

BREAD

Ingredients

- 0.3 ounce active yeast dry
- 0.5 teaspoon anise seed
- 0.3 cup blanched almonds and chopped
- 2 tablespoons butter
- 0.5 cup fruit jell-o® mix mixed
- 1 cup confectioners' sugar
- 2 eggs room temperature
- 3 cups flour all-purpose
- 1 teaspoon salt

- 2 tablespoons shortening melted
- 3 tablespoons multicolored sprinkles (jimmies)
- 0.1 teaspoon vanilla extract
- 0.3 cup sugar white
- 1 tablespoon milk whole

Equipment

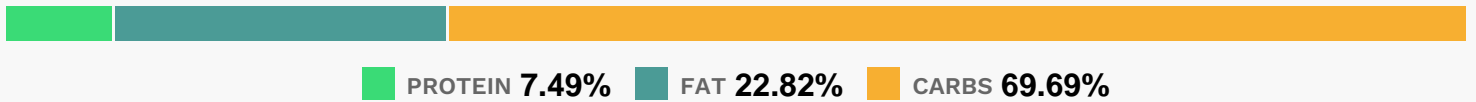
- bowl
- baking sheet
- sauce pan
- oven
- mixing bowl
- wire rack
- plastic wrap
- toothpicks
- wooden spoon
- wax paper

Directions

- Color the 5 eggs with egg dye. In a large mixing bowl, blend the white sugar, salt, and yeast well with 1 cup of the flour.
- In a saucepan, combine 2/3 cup milk and butter, heating slowly until liquid is warm and butter is melted.
- Pour the milk into the dry ingredients and beat 125 strokes with a wooden spoon.
- Add eggs and 1/2 cup flour or enough to make a thick batter. Beat vigorously for 2 minutes. Stir in enough flour to make a ball of dough that draws away from the sides of the bowl.
- Turn out onto a floured board and knead for about 10 minutes, working in additional flour to overcome stickiness.
- Place the dough in a greased bowl, turning to grease the top. Cover tightly with plastic wrap and put in a warm, draft-free place until doubled in bulk, about 1 hour.

- Meanwhile, combine the fruit, nuts, and anise seed.
- Punch down the dough and return it to a lightly floured board. Knead in the fruit mixture, keeping the syrupy pieces dusted with flour until they are worked into the dough. Divide the dough in half.
- Carefully roll each piece into a 24-inch rope--the fruit and nuts will make this slightly difficult. Loosely twist the two ropes together and form a ring on a greased baking sheet. Pinch the ends together well.
- Brush the dough with melted shortening. Push aside the twist to make a place for each egg. Push eggs down carefully as far as possible. Cover the bread with wax paper and let rise in a warm, draft-free place until doubled in bulk, about 1 hour.
- Bake the bread in a preheated 350 degree F (175 degrees C) oven for about 35 minutes or until a toothpick inserted in a twist comes out clean.
- Place on a wire rack to cool.
- Once the bread is cool, drizzle the icing on top between the eggs, and decorate with colored sprinkles. To make icing: mix together confectioners' sugar, 1 tablespoon whole milk, and vanilla.

Nutrition Facts



Properties

Glycemic Index:29.76, Glycemic Load:30.28, Inflammation Score:-4, Nutrition Score:10.484782642644%

Nutrients (% of daily need)

Calories: 417.86kcal (20.89%), Fat: 10.64g (16.37%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 73.14g (24.38%), Net Carbohydrates: 70.47g (25.62%), Sugar: 31.91g (35.46%), Cholesterol: 48.67mg (16.22%), Sodium: 340.99mg (14.83%), Alcohol: 0.02g (100%), Alcohol %: 0.02% (100%), Protein: 7.86g (15.71%), Vitamin B1: 0.48mg (32.14%), Folate: 114.35µg (28.59%), Selenium: 19.71µg (28.16%), Vitamin B2: 0.36mg (21.33%), Manganese: 0.43mg (21.29%), Vitamin B3: 3.32mg (16.61%), Iron: 2.96mg (16.47%), Vitamin E: 1.66mg (11.06%), Fiber: 2.67g (10.69%), Phosphorus: 106.39mg (10.64%), Copper: 0.14mg (6.78%), Magnesium: 26.59mg (6.65%), Vitamin B5: 0.54mg (5.44%), Calcium: 49.8mg (4.98%), Zinc: 0.72mg (4.77%), Potassium: 114.15mg (3.26%), Vitamin A: 161.89IU (3.24%), Vitamin B6: 0.06mg (3.04%), Vitamin K: 2.13µg (2.03%), Vitamin B12: 0.11µg (1.91%), Vitamin D: 0.24µg (1.6%)