

Finnish Pulla



Vegetarian



Popular

READY IN



200 min.

SERVINGS



3

CALORIES



1879 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 ounce active yeast dry
- 0.5 cup butter melted
- 1 eggs beaten
- 4 eggs beaten
- 9 cups flour all-purpose
- 1 teaspoon ground cardamom
- 2 cups milk
- 1 teaspoon salt

- 0.5 cup warm water (110 degrees F/45 degrees C)
- 2 tablespoons sugar white

Equipment

- baking sheet
- sauce pan
- oven
- mixing bowl

Directions

- Warm the milk in a small saucepan until it bubbles, then remove from heat.
- Let cool until lukewarm.
- Dissolve the yeast in the warm water. Stir in the lukewarm milk, sugar, salt, cardamom, 4 eggs, and enough flour to make a batter (approximately 2 cups). Beat until the dough is smooth and elastic.
- Add about 3 cups of the flour and beat well; the dough should be smooth and glossy in appearance.
- Add the melted butter or margarine, and stir well. Beat again until the dough looks glossy. Stir in the remaining flour until the dough is stiff.
- Turn out of bowl onto a floured surface, cover with an inverted mixing bowl, and let rest for 15 minutes. Knead the dough until smooth and satiny.
- Place in a lightly greased mixing bowl, and turn the dough to grease the top. Cover with a clean dishtowel.
- Let rise in a warm place until doubled in bulk, about 1 hour. Punch down, and let rise again until almost doubled.
- Turn out again on to a floured surface, and divide into 3 parts. Divide each third into 3 again.
- Roll each piece into a 12 to 16 inch strip. Braid 3 strips into a loaf. You should get 3 large braided loaves. Lift the braids onto greased baking sheets.
- Let rise for 20 minutes.
- Brush each loaf with egg wash and sprinkle with sugar.

Bake at 400 degrees F (205 degrees C) for 25 to 30 minutes. Check occasionally because the bottom burns easily.

Nutrition Facts



PROTEIN 11.79% **FAT 22.71%** **CARBS 65.5%**

Properties

Glycemic Index:79.36, Glycemic Load:215.52, Inflammation Score:-10, Nutrition Score:48.58826107305%

Nutrients (% of daily need)

Calories: 1879.28kcal (93.96%), Fat: 46.79g (71.98%), Saturated Fat: 25.38g (158.6%), Carbohydrates: 303.71g (101.24%), Net Carbohydrates: 292.76g (106.46%), Sugar: 17.11g (19.02%), Cholesterol: 373.66mg (124.55%), Sodium: 1195.25mg (51.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.66g (109.32%), Vitamin B1: 3.33mg (221.82%), Selenium: 153.34µg (219.06%), Folate: 777.13µg (194.28%), Vitamin B2: 2.52mg (148.37%), Manganese: 2.78mg (139.04%), Vitamin B3: 23.34mg (116.69%), Iron: 18.85mg (104.7%), Phosphorus: 739.81mg (73.98%), Fiber: 10.95g (43.79%), Vitamin B5: 3.73mg (37.34%), Vitamin A: 1604.98IU (32.1%), Calcium: 311.48mg (31.15%), Copper: 0.61mg (30.74%), Zinc: 4.52mg (30.11%), Magnesium: 114.79mg (28.7%), Vitamin B12: 1.6µg (26.62%), Potassium: 785.87mg (22.45%), Vitamin D: 3.26µg (21.71%), Vitamin B6: 0.43mg (21.35%), Vitamin E: 1.95mg (13.03%), Vitamin K: 4.49µg (4.28%)