

# French Brioche

 Vegetarian

READY IN



155 min.

SERVINGS



24

CALORIES



136 kcal

BREAD

## Ingredients

- 0.5 teaspoon active yeast dry
- 0.8 cup butter softened
- 1 egg white
- 2 egg yolks
- 3 eggs
- 3.3 cups flour all-purpose
- 0.3 cup warm water (110 degrees F/45 degrees C)
- 2 tablespoons water

0.3 cup sugar white

## Equipment

baking sheet

oven

whisk

bread machine

## Directions

Place the first seven ingredients in bread machine in order suggested by your manufacturer. Select dough cycle.

Turn finished dough out onto a lightly floured board and knead 5 to 10 times. Separate into 2 or 3 pieces.

Roll with hands into strips. Braid or twist strips together.

Place onto a parchment lined baking sheet. Set aside to rise in a warm place until doubled in size.

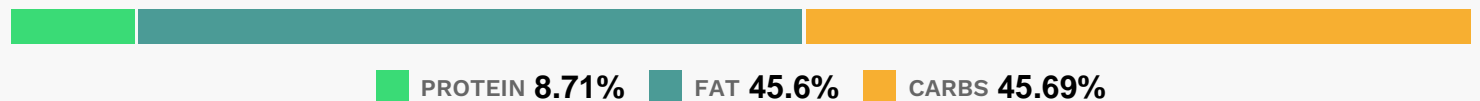
Preheat the oven to 350 degrees F (175 degrees C).

Whisk together 1 egg white and the water.

Brush onto the top of the loaf.

Bake in the preheated oven until deep golden brown, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:8.13, Glycemic Load:11.04, Inflammation Score:-2, Nutrition Score:3.5382608874984%

## Nutrients (% of daily need)

Calories: 135.63kcal (6.78%), Fat: 6.86g (10.55%), Saturated Fat: 3.99g (24.93%), Carbohydrates: 15.46g (5.15%), Net Carbohydrates: 14.97g (5.44%), Sugar: 2.17g (2.41%), Cholesterol: 51.91mg (17.3%), Sodium: 56.85mg (2.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Selenium: 8.75µg (12.5%), Vitamin B1: 0.15mg

(9.91%), Folate: 38.33µg (9.58%), Vitamin B2: 0.13mg (7.63%), Manganese: 0.12mg (6.06%), Vitamin B3: 1.06mg (5.3%), Iron: 0.95mg (5.26%), Vitamin A: 228.6IU (4.57%), Phosphorus: 37.79mg (3.78%), Vitamin B5: 0.22mg (2.24%), Fiber: 0.49g (1.94%), Vitamin E: 0.27mg (1.81%), Zinc: 0.24mg (1.6%), Copper: 0.03mg (1.58%), Vitamin B12: 0.09µg (1.52%), Vitamin D: 0.19µg (1.27%), Magnesium: 4.91mg (1.23%), Vitamin B6: 0.02mg (1.17%)