



## Greek Easter Bread

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



158 kcal

### Ingredients

- ☐ 4.8 cups bread flour divided
- ☐ 3 tablespoons butter
- ☐ 1 stick cinnamon (3-inch)
- ☐ 4.5 teaspoons yeast dry
- ☐ 1 large egg yolk
- ☐ 3 large eggs
- ☐ 1 Dash salt
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sugar

- ☐ 1 Dash sugar
- ☐ 1 cup water (100° to 110°)
- ☐ 1 tablespoon water
- ☐ 1 teaspoon allspice whole

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

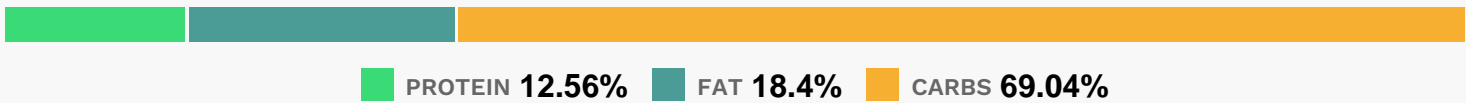
## Directions

- ☐ Place allspice and cinnamon in a spice or coffee grinder, and process until finely ground. Set aside.
- ☐ Combine water, dash of salt, dash of sugar, and yeast in a large bowl, stirring with a whisk.
- ☐ Let stand for 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 1 cup flour to yeast mixture, stirring until well combined.
- ☐ Let stand 20 minutes.
- ☐ Place sugar and butter in a large bowl; beat with a mixer at medium speed until light and fluffy.
- ☐ Add eggs, 1 at a time, beating well after each addition. Stir in allspice mixture.
- ☐ Add yeast mixture to butter mixture; stir with a whisk until well combined. Stir in 1 teaspoon salt.
- ☐ Add 3 1/2 cups flour, about 1 cup at a time, stirring until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will

feel tacky).

- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press 2 fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Divide dough into 3 equal portions, shaping each portion into a 14-inch-long rope.
- ☐ Place ropes lengthwise on a baking sheet coated with cooking spray (do not stretch); pinch ends together at one end to seal. Braid ropes; pinch loose ends to seal. Lightly coat dough with cooking spray. Cover and let rise 45 minutes or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Combine 1 tablespoon water and egg yolk, stirring with a whisk.
- ☐ Brush half of yolk mixture over loaf.
- ☐ Let stand for 5 minutes. Repeat procedure with the remaining yolk mixture.
- ☐ Bake at 350 for 30 minutes or until loaf sounds hollow when tapped. Cool on a wire rack for 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:13.86, Glycemic Load:17.5, Inflammation Score:-2, Nutrition Score:4.0904347870661%

## Nutrients (% of daily need)

Calories: 158.49kcal (7.92%), Fat: 3.23g (4.97%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 26.21g (9.53%), Sugar: 5.17g (5.74%), Cholesterol: 41.6mg (13.86%), Sodium: 144.61mg (6.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Selenium: 14.68µg (20.98%), Manganese: 0.28mg (13.91%), Folate: 31.1µg (7.78%), Vitamin B1: 0.11mg (7.04%), Phosphorus: 52.32mg (5.23%), Vitamin B2: 0.09mg (5.09%), Fiber: 1.05g (4.19%), Vitamin B5: 0.37mg (3.68%), Copper: 0.07mg (3.38%), Vitamin B3: 0.59mg (2.97%), Zinc: 0.43mg (2.89%), Iron: 0.47mg (2.63%), Magnesium: 9.35mg (2.34%), Vitamin A: 107.68IU (2.15%), Vitamin B6: 0.04mg (1.9%), Vitamin E: 0.27mg (1.81%), Potassium: 51.61mg (1.47%), Vitamin B12: 0.09µg (1.46%), Calcium: 14.35mg (1.43%), Vitamin D: 0.2µg (1.31%)