



## Greek Easter Bread (Tsoureki)

 Vegetarian

READY IN



240 min.

SERVINGS



12

CALORIES



304 kcal

BREAD

### Ingredients

- 0.3 ounce yeast dry ()
- 0.3 cup almonds toasted sliced
- 1 large egg yolk
- 2 large eggs
- 4 cups flour for dusting all-purpose plus more
- 0.7 cup granulated sugar
- 1.5 teaspoons orange zest finely grated (from 1 orange)
- 1 teaspoon salt fine

- 8 tablespoons butter unsalted (1 stick)
- 0.8 cup milk whole
- 1 teaspoon frangelico
- 1 teaspoon frangelico

## Equipment

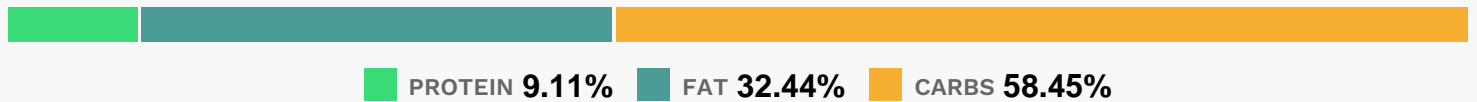
- bowl
- baking sheet
- sauce pan
- oven
- plastic wrap
- kitchen thermometer
- pastry brush

## Directions

- In a small saucepan, heat 3/4 cup of the milk until warm to the touch but not hot (about 105°F to 115°F on an instant-read thermometer).
- Transfer the warm milk to a large bowl and sprinkle the yeast on top. Set aside for about 15 minutes to activate the yeast. Sift the flour, sugar, salt, mahlepi (if using), and mastic (if using) together into a large bowl; set aside. In a small saucepan, melt 7 tablespoons of the butter.
- Let the butter cool, then transfer to a medium bowl.
- Add the eggs and orange zest and beat together. Stir the egg mixture into the yeast mixture until combined. Using a spoon, stir the flour mixture into the yeast-egg mixture until combined. Turn the dough onto a floured work surface and knead until smooth, flouring your hands and the surface as needed, about 10 minutes. Coat a baking sheet and a 16-inch piece of plastic wrap with the remaining 1 tablespoon butter. Set the dough on the baking sheet and cover it with the plastic wrap, butter side down.
- Let rise in a warm place until doubled in size, about 2 hours.
- Remove the plastic wrap and set it aside. Divide the dough into 3 equal pieces (about 12 ounces each).

- Roll the pieces into 1-1/4-by-16-1/2-inch ropes. Pinch all 3 pieces together on one end to secure, then braid the ropes, entwining the red hard-boiled egg (if using) into the bread. Pinch the other end of the ropes together to secure the braid. Set the braided dough on the prepared baking sheet, cover with the buttered plastic wrap (butter side down), and let rise in a warm place until doubled in size, about 1 hour. Meanwhile, heat the oven to 350°F and arrange a rack in the middle. In a small bowl, beat together the egg yolk and remaining 1 tablespoon milk. With a pastry brush, evenly brush the egg mixture over the risen dough, then sprinkle the almonds over top, pressing the nuts gently into the dough.
- Bake until the bread is browned and the internal temperature reaches 190°F on an instant-read thermometer, about 30 minutes.
- Let cool before serving.

## Nutrition Facts



### Properties

Glycemic Index:16.09, Glycemic Load:31.05, Inflammation Score:-5, Nutrition Score:9.0734782205976%

### Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 303.95kcal (15.2%), Fat: 10.99g (16.91%), Saturated Fat: 5.64g (35.26%), Carbohydrates: 44.55g (14.85%), Net Carbohydrates: 42.92g (15.61%), Sugar: 12.09g (13.43%), Cholesterol: 68.2mg (22.73%), Sodium: 214.4mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.89%), Vitamin B1: 0.41mg (27.49%), Selenium: 18.08µg (25.83%), Folate: 97.53µg (24.38%), Vitamin B2: 0.33mg (19.45%), Manganese: 0.35mg (17.47%), Vitamin B3: 2.82mg (14.09%), Iron: 2.24mg (12.43%), Phosphorus: 100.77mg (10.08%), Vitamin E: 1.03mg (6.85%), Fiber: 1.63g (6.52%), Vitamin A: 324.45IU (6.49%), Vitamin B5: 0.51mg (5.13%), Copper: 0.1mg (4.94%), Magnesium: 19.53mg (4.88%), Zinc: 0.63mg (4.21%), Calcium: 41.43mg (4.14%), Vitamin D: 0.55µg (3.67%), Vitamin B12: 0.2µg (3.34%), Potassium: 107.91mg (3.08%), Vitamin B6: 0.06mg (2.99%)