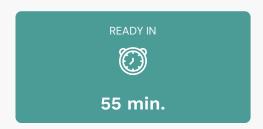


Hearty Raisin Bread

Vegetarian







BREAD

Ingredients

U.5 ounce yeast dry
0.5 cup butter melted
1 egg whites
2 eggs
3.5 cups flour all-purpose
1.5 teaspoons ground cinnamon
0.3 cup honey
1.5 cups milk (110° to 115°)

	2 cups raisins	
	2 teaspoons salt	
	0.5 cup water (110° to 115°)	
	2 tablespoons water cold	
	3 cups flour whole wheat	
Εq	uipment	
	bowl	
	oven	
	loaf pan	
	aluminum foil	
Di	rections	
	In a bowl, dissolve yeast in warm water.	
	Add the milk, butter, honey, salt, cinnamon, eggs and whole wheat flour. Beat until smooth. Stir in enough all-purpose flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 8-10 minutes.	
	Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.	
	Punch dough down. Turn onto a lightly floured surface; sprinkle with raisins and knead in. Divide in half. Shape into loaves.	
	Place in two greased 9-in. x 5-in. loaf pans. Cover and let rise until doubled, about 45 minutes	
	Beat egg white and cold water; brush over dough.	
	Bake at 375° for 35-40 minutes or until golden brown and bread sounds hollow when tapped. Cover loosely with foil if top browns too quickly.	
	Remove from pans to wire racks to cool.	
Nutrition Facts		
PROTEIN 9.97% FAT 21.54% CARBS 68.49%		

Properties

Nutrients (% of daily need)

Calories: 161.28kcal (8.06%), Fat: 4g (6.16%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 26.28g (9.56%), Sugar: 2.83g (3.14%), Cholesterol: 19.23mg (6.41%), Sodium: 181.57mg (7.89%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.17g (8.34%), Manganese: 0.6mg (29.83%), Selenium: 12.99µg (18.55%), Vitamin B1: 0.23mg (15.36%), Folate: 42.1µg (10.53%), Fiber: 2.36g (9.45%), Vitamin B2: 0.16mg (9.12%), Vitamin B3: 1.66mg (8.32%), Phosphorus: 82.7mg (8.27%), Iron: 1.35mg (7.52%), Magnesium: 23.41mg (5.85%), Copper: 0.1mg (4.98%), Potassium: 159.6mg (4.56%), Vitamin B6: 0.09mg (4.4%), Zinc: 0.53mg (3.56%), Vitamin B5: 0.28mg (2.84%), Calcium: 26.4mg (2.64%), Vitamin A: 123.3IU (2.47%), Vitamin B12: 0.09µg (1.56%), Vitamin E: 0.21mg (1.38%), Vitamin D: 0.18µg (1.21%)