

# Hearty Raisin Bread

 Vegetarian

READY IN



55 min.

SERVINGS



32

CALORIES



161 kcal

BREAD

## Ingredients

- 0.5 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

## Equipment

- bowl
- oven
- loaf pan
- aluminum foil

## Directions

- 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

Glycemic Index:8.72, Glycemic Load:12.71, Inflammation Score:-3, Nutrition Score:6.676956448866%

## 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: 0g (100%), Alcohol %: 0% (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%)