



## Homemade Cinnamon Bread

 Vegetarian

READY IN



280 min.

SERVINGS



12

CALORIES



281 kcal

BREAD

### Ingredients

- 2.5 teaspoons yeast dry
- 12 servings butter softened for smearing and greasing
- 2 Tablespoons cinnamon
- 12 servings eggs mixed for brushing
- 3.5 cups flour all-purpose
- 1 cup milk
- 1 teaspoon salt
- 0.3 cup sugar

- 2 eggs whole

## Equipment

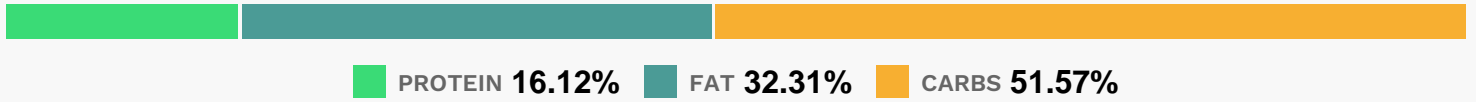
- bowl
- frying pan
- oven
- mixing bowl
- plastic wrap
- loaf pan
- hand mixer

## Directions

- Melt butter with milk.
- Heat until very warm, but don't boil. Allow to cool until still warm to the touch, but not hot.
- Sprinkle yeast over the top, stir gently, and allow to sit for 10 minutes.
- Combine flour and salt. In the bowl of an electric mixer, mix sugar and eggs with the paddle attachment until combined.
- Pour in milk/butter/yeast mixture and stir to combine.
- Add half the flour and beat on medium speed until combined.
- Add the other half and beat until combined. Switch to the dough hook attachment and beat/knead dough on medium speed for ten minutes. If dough is overly sticky, add 1/4 cup flour and beat again for 5 minutes.
- Heat a metal or glass mixing bowl so it's warm.
- Drizzle in a little canola oil, then toss the dough in the oil to coat. Cover bowl in plastic wrap and set it in a warm, hospitable place for at least 2 hours. Turn dough out onto the work surface.
- Roll into a neat rectangle no wider than the loaf pan you're going to use, and about 18 to 24 inches long. Smear with 2 tablespoons melted butter.
- Mix sugar and cinnamon together, then sprinkle evenly over the butter-smearred dough. Starting at the far end, roll dough toward you, keeping it tight and contained. Pinch seam to seal. Smear loaf pan with softened butter.

- Place dough, seam down, in the pan. Cover with plastic wrap and allow to rise for 2 hours. Preheat oven to 350 degrees.
- Mix a little egg with milk, and smear over the top.
- Bake for 40 minutes on a middle/lower rack in the oven.
- Remove from the pan and allow bread to cool. Slice and serve, or make cinnamon toast or French toast with it.Yummy!

## Nutrition Facts



### Properties

Glycemic Index:19.84, Glycemic Load:24.39, Inflammation Score:-5, Nutrition Score:12.026956519193%

### Nutrients (% of daily need)

Calories: 280.95kcal (14.05%), Fat: 10.03g (15.43%), Saturated Fat: 4.62g (28.89%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 34.15g (12.42%), Sugar: 6.84g (7.6%), Cholesterol: 204.15mg (68.05%), Sodium: 307.81mg (13.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.52%), Selenium: 28.68µg (40.97%), Vitamin B2: 0.47mg (27.76%), Folate: 106.24µg (26.56%), Vitamin B1: 0.39mg (26%), Manganese: 0.5mg (24.97%), Phosphorus: 167.73mg (16.77%), Iron: 2.72mg (15.11%), Vitamin B3: 2.49mg (12.46%), Vitamin B5: 1.12mg (11.2%), Vitamin B12: 0.58µg (9.59%), Vitamin A: 439.02IU (8.78%), Vitamin D: 1.25µg (8.34%), Fiber: 1.87g (7.47%), Calcium: 74.16mg (7.42%), Zinc: 1.08mg (7.21%), Vitamin B6: 0.13mg (6.38%), Copper: 0.1mg (4.88%), Vitamin E: 0.72mg (4.79%), Magnesium: 17.88mg (4.47%), Potassium: 153.64mg (4.39%), Vitamin K: 1.09µg (1.04%)