



Homemade Cinnamon-Raisin Bread

 Vegetarian

READY IN



403 min.

SERVINGS



8

CALORIES



555 kcal

BREAD

Ingredients

- 3 teaspoons active yeast dry
- 2.3 cups bread flour
- 1 cup brown rice flour
- 8 servings butter for greasing the loaf pan
- 3 eggs at room temperature
- 1 loaf flour for dusting
- 2 tablespoons ground cinnamon
- 1 teaspoon ground nutmeg

- 1.3 cups raisins
- 1 teaspoon sea salt fine
- 0.5 cup sugar
- 6 tablespoons butter unsalted at room temperature
- 1 cup walnuts chopped
- 0.5 cup warm water (100 to 110 degrees F)

Equipment

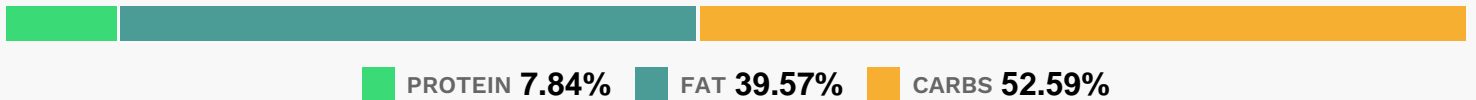
- bowl
- frying pan
- oven
- whisk
- wire rack
- plastic wrap
- loaf pan
- stand mixer

Directions

- Special equipment: 8 1/4 by 4 1/2-inch nonstick loaf pan (such as Baker's Secret)
- In a medium bowl, whisk together the bread flour, rice flour, cinnamon, nutmeg, and salt. Set aside.
- In a small bowl, combine the warm water and yeast.
- Let the mixture rest for 5 minutes until foamy.
- In a stand mixer fitted with a paddle attachment, beat the butter and sugar at medium speed until creamy, about 2 minutes. Beat in the eggs, 1 at a time. Beat in the yeast mixture. With the machine running on low speed, gradually add the flour mixture until a ball of dough forms.
- Remove the paddle attachment and attach a dough hook. (If a dough hook attachment isn't available, the dough can also be kneaded by hand for 15 minutes on a lightly floured work surface.)

- Mix on medium–low speed for 10 minutes (scraping the sides of the bowl, if necessary).
- Add the walnuts and raisins and continue to mix until the dough is smooth and springs back when pushed with a finger, about 5 minutes longer.
- Transfer the dough to an oiled bowl and cover with plastic wrap.
- Place in a draft–free area at room temperature (about 85 degrees F) until the dough has puffed slightly, about 2 hours.
- Butter and flour the inside and outer rim of an 8 1/4 by 4 1/2–inch nonstick loaf pan. Punch the center of the dough to deflate it.
- Place the dough on a lightly floured work surface and knead for 3 minutes. Form the dough into an 8 by 4–inch rectangle and place in the prepared loaf pan. Cover with plastic wrap and allow the dough to rise in a draft–free area at room temperature until the dough rises about 2 inches above the top of the pan, about 2 hours.
- Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F.
- Remove the plastic wrap and bake the loaf until golden brown, 30 to 35 minutes. Cool for 10 minutes.
- Remove the loaf from the pan and transfer to a wire rack to cool completely, about 1 1/2 hours.
- Wrap well in plastic and store at room temperature for 2 days or freeze for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:51.99, Glycemic Load:35.15, Inflammation Score:-6, Nutrition Score:16.106086984925%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 554.67kcal (27.73%), Fat: 25.18g (38.73%), Saturated Fat: 9.7g (60.6%), Carbohydrates: 75.27g (25.09%), Net Carbohydrates: 69.57g (25.3%), Sugar: 13.32g (14.8%), Cholesterol: 94.71mg (31.57%), Sodium: 358.04mg (15.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.45%), Manganese: 2mg (99.91%), Selenium: 20.31µg (29.01%), Fiber: 5.7g (22.82%), Copper: 0.44mg (22.1%), Vitamin B1: 0.33mg (21.92%), Phosphorus: 214.02mg (21.4%), Folate: 65.83µg (16.46%), Vitamin B6: 0.33mg (16.46%), Magnesium: 65.57mg (16.39%), Vitamin B2: 0.23mg (13.61%), Vitamin B3: 2.55mg (12.73%), Iron: 2.23mg (12.36%), Potassium: 391.21mg (11.18%), Zinc: 1.64mg

(10.94%), Vitamin B5: 1mg (9.97%), Vitamin A: 486.23IU (9.72%), Vitamin E: 1.06mg (7.06%), Calcium: 62.7mg (6.27%), Vitamin D: 0.49µg (3.25%), Vitamin B12: 0.17µg (2.9%), Vitamin K: 2.26µg (2.16%), Vitamin C: 1.5mg (1.82%)