



## Homemade Egg Bread

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



270 kcal

BREAD

### Ingredients

- 0.5 ounce yeast dry
- 0.5 cup water (110° to 115°)
- 1.5 cups milk 2% (110° to 115°)
- 3 large eggs room temperature
- 0.3 cup butter softened
- 0.3 cup sugar
- 1 tablespoon salt
- 7 cups flour all-purpose

- 1 large egg yolk room temperature
- 2 tablespoons water
- 1 serving sesame seed

## Equipment

- bowl
- baking sheet
- oven
- kitchen towels

## Directions

- In a large bowl, dissolve yeast in warm water.
- Add milk, eggs, butter, sugar, salt and 3 cups flour; beat on medium speed until smooth. Stir in enough remaining flour to form a soft dough.
- Turn dough onto a floured surface; knead until smooth and elastic, 6–8 minutes.
- Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, 1-1/2 to 2 hours.
- Punch down dough. Turn onto a lightly floured surface; divide into 6 portions.
- Roll each portion into a 14-in. rope. For each loaf, braid 3 ropes together on a greased baking sheet; pinch ends to seal and tuck under. Cover with kitchen towels; let rise in a warm place until doubled, about 50 minutes. Preheat oven to 375°.
- Beat together egg yolk and water; brush over loaves.
- Sprinkle with sesame seeds.
- Bake until golden brown, 30–35 minutes.
- Remove from pans to wire racks to cool.

## Nutrition Facts

 **PROTEIN 12.3%**  **FAT 18.03%**  **CARBS 69.67%**

## Properties

Glycemic Index:14.38, Glycemic Load:32.39, Inflammation Score:-5, Nutrition Score:10.461304313301%

## Nutrients (% of daily need)

Calories: 270.16kcal (13.51%), Fat: 5.35g (8.23%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 46.5g (15.5%), Net Carbohydrates: 44.72g (16.26%), Sugar: 4.43g (4.92%), Cholesterol: 55.75mg (18.58%), Sodium: 485.15mg (21.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.41%), Vitamin B1: 0.55mg (36.34%), Selenium: 22.86µg (32.66%), Folate: 128.46µg (32.12%), Vitamin B2: 0.4mg (23.41%), Manganese: 0.4mg (19.78%), Vitamin B3: 3.64mg (18.18%), Iron: 2.83mg (15.74%), Phosphorus: 111.76mg (11.18%), Fiber: 1.77g (7.1%), Vitamin B5: 0.62mg (6.18%), Copper: 0.11mg (5.7%), Zinc: 0.75mg (4.99%), Calcium: 47.95mg (4.79%), Magnesium: 18.05mg (4.51%), Vitamin B12: 0.23µg (3.8%), Vitamin A: 177.2IU (3.54%), Vitamin B6: 0.07mg (3.47%), Potassium: 115.39mg (3.3%), Vitamin E: 0.25mg (1.66%), Vitamin D: 0.24µg (1.63%)