



## Hungarian Cinnamon Loaf

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



1467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 ounce yeast dry
- ☐ 3 large egg yolk
- ☐ 3.5 cups flour for dusting all-purpose plus more
- ☐ 2 tablespoons ground cinnamon
- ☐ 1.3 cups milk
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 cup butter unsalted cooled melted plus more for brushing (2 sticks)

## Equipment

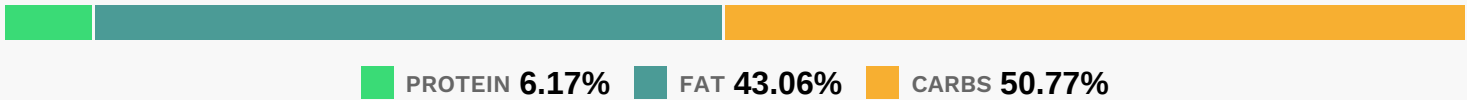
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer
- ☐ kitchen towels

## Directions

- ☐ In the bowl of a standing electric mixer fitted with the dough hook, dissolve the yeast in 1/4 cup of the warm milk.
- ☐ Sprinkle with a pinch of the sugar and let the mixture stand until the yeast comes alive and starts to foam, about 5 to 10 minutes.
- ☐ Turn the mixer on low speed and add the remaining 1 cup milk, 1/2 cup of the sugar, the 1 cup melted butter, the egg yolks, and salt.
- ☐ Add 2 cups of the flour and turn the speed up to medium; continue to mix until incorporated. Gradually add the remaining 1 1/2 cups flour and continue to mix until the dough holds together and pulls away from the sides of the bowl; the dough will be very soft.
- ☐ Turn the dough out onto a lightly floured work surface and knead until smooth and elastic, about 10 minutes.
- ☐ Put the dough in a large bowl. Cover with a kitchen towel or plastic wrap and let rise in a warm place until doubled in size, about 1 1/2 hours. Test the dough by pressing 2 fingers into it. If indents remain, the dough is adequately risen.
- ☐ Combine the remaining 1/2 cup sugar and the cinnamon in a small bowl.
- ☐ Brush the bottom and sides of a 9-by-5-inch loaf pan with melted butter.
- ☐ On a lightly floured work surface, roll the dough into a rectangle about the size of the loaf pan.

- ☐ Brush the surface of the dough with melted butter and sprinkle the cinnamon sugar evenly across.
- ☐ Roll the dough up, jelly-roll style, into a long cylinder, and pinch the seam closed.
- ☐ Put the dough in the prepared loaf pan, seam side down. Make sure the dough touches all sides of the pan. Cover with plastic wrap and let rise a second time, until the top of the dough is nearly level with the top of the loaf pan, about 20 minutes.
- ☐ Preheat the oven to 350°F.
- ☐ Brush the dough with more melted butter.
- ☐ Bake until your kitchen smells like cinnamon and the bread is golden brown, 45 minutes to 1 hour.
- ☐ Let cool in the pan for 5 minutes, then turn out onto a wire rack to cool completely.
- ☐ From L.A.'s Original Farmers Market Cookbook: Meet Me at 3rd and Fairfax by Joanne Cianciulli. Copyright © 2009 by A. F. Gilmore Company. Published by Chronicle Books LLC.

## Nutrition Facts



## Properties

Glycemic Index:62.7, Glycemic Load:128.93, Inflammation Score:-9, Nutrition Score:35.291304671246%

## Nutrients (% of daily need)

Calories: 1466.62kcal (73.33%), Fat: 71.02g (109.26%), Saturated Fat: 42.65g (266.57%), Carbohydrates: 188.36g (62.79%), Net Carbohydrates: 180.96g (65.8%), Sugar: 72.07g (80.08%), Cholesterol: 358.48mg (119.49%), Sodium: 835.6mg (36.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.91g (45.83%), Vitamin B1: 1.5mg (99.76%), Manganese: 1.95mg (97.73%), Selenium: 62.4µg (89.14%), Folate: 349.57µg (87.39%), Vitamin B2: 1.09mg (63.86%), Vitamin B3: 9.77mg (48.87%), Vitamin A: 2316.48IU (46.33%), Iron: 7.78mg (43.23%), Phosphorus: 363.11mg (36.31%), Fiber: 7.41g (29.62%), Calcium: 242.31mg (24.23%), Vitamin D: 3.17µg (21.14%), Vitamin B5: 1.95mg (19.48%), Vitamin B12: 1.01µg (16.85%), Vitamin E: 2.46mg (16.37%), Zinc: 2.19mg (14.6%), Copper: 0.27mg (13.49%), Magnesium: 51.14mg (12.79%), Vitamin B6: 0.23mg (11.59%), Potassium: 392.27mg (11.21%), Vitamin K: 7.83µg (7.46%)