



## Hutzel Wecken



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



361 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon yeast dry
- ☐ 2.5 cups flour
- ☐ 0.3 cup almonds roughly chopped
- ☐ 6 tablespoons powdered sugar
- ☐ 1 cup dates pitted roughly chopped
- ☐ 1 cup currants dried
- ☐ 1 cup figs dried roughly chopped
- ☐ 2 cups pears dried chopped

- ☐ 1 cup prune- cut to pieces dried pitted chopped
- ☐ 1 cup golden raisins
- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 cup hazelnuts roughly chopped
- ☐ 0.3 cup kirsch liqueur
- ☐ 1 lemon zest grated
- ☐ 1 orange zest grated
- ☐ 1 teaspoon salt
- ☐ 0.3 cup roasted peanuts salted
- ☐ 0.5 cup walnut pieces roughly chopped

## Equipment

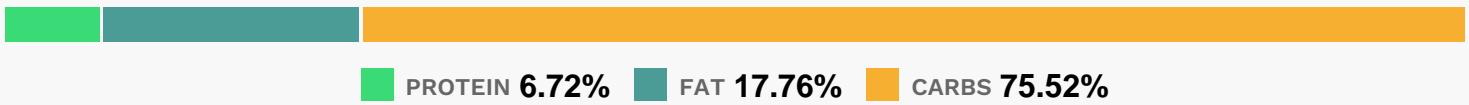
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap

## Directions

- ☐ Put the pears and plums in a saucepan with water to cover by an inch. Bring the water to a boil, and simmer for 2 to 3 minutes, or until soft.
- ☐ Drain, reserving both the fruit and the liquid. Toss the pears and plums in a large bowl with the raisins, currants, figs, dates, walnuts, peanuts, hazelnuts, almonds, orange zest, and lemon zest.
- ☐ Add the kirsch, and toss again.
- ☐ In a separate bowl, dissolve the yeast in 1/2 cup of the reserved fruit liquid, and then add 1/2 cup of the flour, and 2 tablespoons of the sugar. Cover, and let rise for 1 hour. Stir in the remaining 2 cups flour, 1/4 cup sugar, and the salt.

- ☐ Knead the dough in the bowl of a standing mixer with a dough hook.
- ☐ Add the fruits and nuts, and, using a low setting, slowly stir into the dough. When everything is incorporated, turn the dough out onto a heavily floured surface, incorporating enough more flour to make the dough smooth and elastic. Even so, it will be a wet dough. Shape into a large ball, put in a greased bowl, cover with plastic wrap, and let the dough rest for about 1 hour.
- ☐ Preheat the oven to 400°F, and line a baking sheet with parchment paper. Divide the dough into two pieces. Form each piece into a round ball, and put both on the baking sheet.
- ☐ Let rest for 20 minutes.
- ☐ Bake, turning the temperature down to 375°F after 20 minutes, until the crust is golden and the dough is cooked through, 40 to 45 minutes.
- ☐ If you want, while the breads are baking, make a glaze by whisking together 1/2 cup of the fruit water and the confectioners' sugar. As soon as the breads come out of the oven, spoon the glaze over them.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:24.92, Glycemic Load:24, Inflammation Score:-4, Nutrition Score:11.702173803164%

## Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 361.01kcal (18.05%), Fat: 7.47g (11.49%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 71.44g (23.81%), Net Carbohydrates: 64.73g (23.54%), Sugar: 44.23g (49.14%), Cholesterol: 0mg (0%), Sodium: 166.93mg (7.26%), Alcohol: 1.25g (100%), Alcohol %: 1.42% (100%), Protein: 6.36g (12.71%), Manganese: 0.8mg (40.09%), Fiber: 6.71g

(26.84%), Copper: 0.4mg (20.14%), Vitamin B1: 0.26mg (17.44%), Potassium: 564.9mg (16.14%), Vitamin B2: 0.25mg (14.7%), Folate: 57.61µg (14.4%), Vitamin B3: 2.85mg (14.23%), Magnesium: 56.24mg (14.06%), Iron: 2.52mg (13.99%), Vitamin K: 13.89µg (13.23%), Phosphorus: 121.09mg (12.11%), Selenium: 7.8µg (11.15%), Vitamin B6: 0.18mg (8.97%), Vitamin E: 1.3mg (8.65%), Calcium: 66.06mg (6.61%), Zinc: 0.78mg (5.17%), Vitamin C: 4.21mg (5.1%), Vitamin B5: 0.42mg (4.16%), Vitamin A: 98.63IU (1.97%)