



Individual Brioche

READY IN



45 min.

SERVINGS



16

CALORIES



148 kcal

Ingredients

- 3.5 cups bread all-purpose divided
- 2.3 teaspoons yeast dry
- 1 large egg white lightly beaten
- 2 large eggs
- 0.3 cup milk 1% low-fat
- 0.3 cup butter softened
- 1 teaspoon salt
- 2 teaspoons sugar
- 0.5 cup warm water (105° to 115°)
- 1 tablespoon water

Equipment

- bowl
- oven
- knife
- muffin liners
- measuring cup

Directions

- Dissolve yeast and sugar in warm water in a large bowl, and let stand for 5 minutes. Stir in milk and eggs. Lightly spoon the flour into dry measuring cups, and level with a knife.
- Add 3 cups flour, margarine, and salt to yeast mixture, and stir until blended. Turn the dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover dough, and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk. Punch dough down; cover and let rest for 5 minutes. Divide dough into 16 equal portions. Working with 1 portion of dough at a time (cover remaining dough to keep from drying), remove 1 rounded teaspoon of dough from each portion, and set aside.
- Place the larger portions of dough in muffin cups coated with cooking spray. Make a deep indentation in the center of each portion using a floured finger. Shape the reserved pieces of dough into balls. Press one dough ball into each indentation. Cover and let rise 30 minutes or until doubled in bulk.
- Preheat oven to 37
- Uncover dough.
- Combine 1 tablespoon water and egg white; brush over dough.
- Bake at 375 for 25 minutes or until golden brown.
- Serve warm.

Nutrition Facts

PROTEIN 11.4% **FAT 29.08%** **CARBS 59.52%**

Properties

Glycemic Index:9.07, Glycemic Load:15.44, Inflammation Score:-4, Nutrition Score:5.1791305069852%

Nutrients (% of daily need)

Calories: 148.48kcal (7.42%), Fat: 4.74g (7.3%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 20.98g (7.63%), Sugar: 0.79g (0.88%), Cholesterol: 23.43mg (7.81%), Sodium: 204.87mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Vitamin B1: 0.27mg (17.86%), Selenium: 11.72µg (16.74%), Folate: 63.42µg (15.85%), Vitamin B2: 0.2mg (11.6%), Manganese: 0.19mg (9.52%), Vitamin B3: 1.8mg (9.01%), Iron: 1.39mg (7.73%), Phosphorus: 49.89mg (4.99%), Vitamin A: 210.14IU (4.2%), Fiber: 0.86g (3.42%), Vitamin B5: 0.3mg (2.96%), Copper: 0.05mg (2.39%), Zinc: 0.32mg (2.16%), Magnesium: 7.9mg (1.98%), Vitamin B6: 0.03mg (1.6%), Vitamin E: 0.23mg (1.53%), Potassium: 53.31mg (1.52%), Calcium: 14.29mg (1.43%), Vitamin B12: 0.09µg (1.42%), Vitamin D: 0.17µg (1.1%)