



Khachapuri

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



705 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 package yeast dry
- 1 teaspoon sugar
- 0.3 cup water (110 degrees)
- 0.8 cup milk
- 2 tablespoons sugar
- 0.5 cup butter melted
- 1 teaspoon salt
- 3.5 cups swiss cheese white all-purpose chopped beaten

- 8 ounces muenster cheese
- 8 ounces swiss cheese
- 8 ounces cheddar cheese white
- 2 eggs beaten
- 2 tablespoons parsley chopped
- 0.3 teaspoon pepper white
- 1 tsp yeast soft
- 1 pinch twist and ends together to make a rough knob. cover with a buttered 12" square of waxed paper and let rise until double in bulk. brush loaf with glaze of 1 egg white + 1 tbs water (or use margarine).
- 40 brown sugar for an additional 5 minutes to brown bottom crust. cool on rack for 45 minutes before cutting into wedges.
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Equipment

- bowl
- frying pan
- oven
- springform pan

Directions

- Dissolve yeast and 1 tsp sugar in 1/4 cup water and let stand 5-10 minutes to proof until foamy.
- Add milk, 2 tbs sugar, butter, salt, and enough flour to make a soft dough.
- Place in greased bowl and turn to coat all sides. cover and let rise until double in bulk. shred cheeses, combine all filling ingredients and refrigerate. grease a 9" springform pan very well. punch down dough, shape into a ball, and roll to a 20" circle. Ease dough into pan (fold in half to lift and unfold in pan) letting excess hang over the edge. mound cheese filling onto dough in pan and bring dough up over the filling, folding to make 8-12 evenly-spaced pleats.
- Twist and pinch ends together to make a rough knob. Cover with a buttered 12" square of waxed paper and let rise until double in bulk.

- Brush loaf with glaze of 1 egg white + 1 tbs water (or use margarine).
- Bake 40–50 min. @ 375 or until deep golden brown.
- Remove bread from pan, place directly on oven rack, and bake for an additional 5 minutes to brown bottom crust. Cool on rack for 45 minutes before cutting into wedges.

Nutrition Facts

PROTEIN 20.55% **FAT 69.71%** **CARBS 9.74%**

Properties

Glycemic Index:46.02, Glycemic Load:3.43, Inflammation Score:-8, Nutrition Score:21.649565217391%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Taste

Sweetness: 81.86%, Saltiness: 90.23%, Sourness: 28.98%, Bitterness: 33.55%, Savoriness: 43.7%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 704.84kcal (35.24%), Fat: 54.98g (84.59%), Saturated Fat: 32.69g (204.33%), Carbohydrates: 17.28g (5.76%), Net Carbohydrates: 16.89g (6.14%), Sugar: 14.81g (16.46%), Cholesterol: 200.04mg (66.68%), Sodium: 914mg (39.74%), Protein: 36.47g (72.94%), Calcium: 1124.9mg (112.49%), Phosphorus: 753.89mg (75.39%), Selenium: 39.09µg (55.84%), Vitamin B12: 3.25µg (54.11%), Zinc: 5.51mg (36.71%), Vitamin A: 1733.68IU (34.67%), Vitamin B2: 0.58mg (34.34%), Vitamin K: 19.95µg (19%), Folate: 52.96µg (13.24%), Vitamin B1: 0.18mg (11.87%), Magnesium: 46.83mg (11.71%), Vitamin B5: 0.95mg (9.53%), Vitamin E: 1.2mg (8.02%), Vitamin B6: 0.15mg (7.27%), Potassium: 197.48mg (5.64%), Vitamin D: 0.81µg (5.41%), Copper: 0.08mg (3.79%), Iron: 0.63mg (3.49%), Vitamin B3: 0.66mg (3.3%), Vitamin C: 1.35mg (1.63%), Fiber: 0.39g (1.56%), Manganese: 0.03mg (1.42%)