



Make-Ahead Raisin Brioche

READY IN



621 min.

SERVINGS



12

CALORIES



353 kcal

Ingredients

- ☐ 1 package yeast dry quick
- ☐ 3 tablespoons water (105° F to 115°F)
- ☐ 2 tablespoons sugar
- ☐ 3.5 cups flour all-purpose for flour
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup butter cold
- ☐ 0.3 cup milk
- ☐ 3 eggs

- ☐ 1.5 cups golden raisins
- ☐ 1 egg whites beaten

Equipment

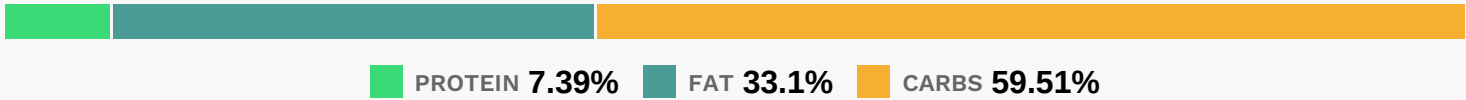
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Mix yeast, water and 2 teaspoons sugar in small bowl; set aside.
- ☐ Place flour, 1/2 cup sugar, the cinnamon and salt in food processor; cover and process until mixed.
- ☐ Add butter; process until well blended.
- ☐ Beat milk and 3 eggs into yeast mixture with wire whisk; slowly add to flour mixture and process until well blended. Stir in raisins. (Dough will be sticky.)
- ☐ Place dough on well-floured surface; gently roll in flour to coat. Knead 1 minute until dough is smooth and springy, adding more flour if necessary.
- ☐ Place dough in greased large bowl, turning dough to grease all sides. Cover tightly and let rise in warm place 40 minutes.
- ☐ Grease 12 large muffin cups, 3x1 1/2 inches. Gently push fist into dough to deflate. Using about 1/4 cup dough each, make 12 balls; place in muffin cups. Using about 1 tablespoon dough each, make 12 smaller balls; place on top of each large ball. Cover and refrigerate at least 8 hours or overnight.
- ☐ Remove rolls from refrigerator.
- ☐ Let rise covered in warm place 40 to 45 minutes or until almost double.
- ☐ Heat oven to 350°F.

- ☐
- Brush rolls with beaten egg white.
- ☐
- Bake 22 to 26 minutes or until golden brown. Immediately remove from pan.
- ☐
- Serve warm, or cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:26.24, Glycemic Load:35.22, Inflammation Score:-6, Nutrition Score:8.8726086538771%

Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 352.64kcal (17.63%), Fat: 13.21g (20.32%), Saturated Fat: 2.93g (18.31%), Carbohydrates: 53.44g (17.81%), Net Carbohydrates: 51.49g (18.72%), Sugar: 21.53g (23.92%), Cholesterol: 41.73mg (13.91%), Sodium: 256.54mg (11.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.26%), Vitamin B1: 0.36mg (24.1%), Selenium: 16.61µg (23.72%), Folate: 86.33µg (21.58%), Vitamin B2: 0.32mg (18.58%), Manganese: 0.34mg (16.98%), Vitamin B3: 2.62mg (13.09%), Iron: 2.24mg (12.46%), Vitamin A: 578.36IU (11.57%), Phosphorus: 96.3mg (9.63%), Fiber: 1.95g (7.82%), Copper: 0.13mg (6.57%), Potassium: 216.12mg (6.17%), Vitamin B6: 0.11mg (5.39%), Vitamin B5: 0.47mg (4.75%), Magnesium: 17.65mg (4.41%), Vitamin E: 0.61mg (4.04%), Calcium: 36.12mg (3.61%), Zinc: 0.53mg (3.56%), Vitamin B12: 0.15µg (2.52%), Vitamin D: 0.29µg (1.96%)