

## Mango tea loaf plait

 Vegetarian

READY IN



70 min.

SERVINGS



16

CALORIES



253 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 2 mangos ripe peeled
- ☐ 100 ml milk
- ☐ 50 g butter soft
- ☐ 650 g flour white
- ☐ 100 g g muscovado sugar light
- ☐ 7 g yeast dried
- ☐ 3 eggs
- ☐ 140 g raisins

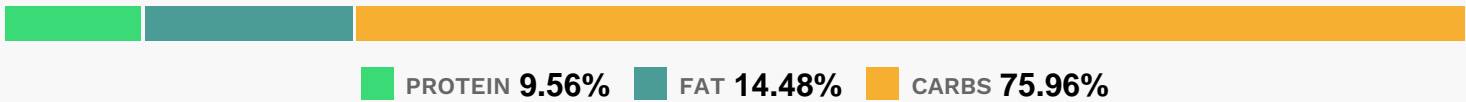
# Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Cut the flesh off one mango and blitz to a pure in a food processor, then set aside. Finely dice the second mango and set aside separately. Gently warm the milk with the butter just until the butter melts. In a large bowl, mix the flour and sugar together with your fingers so there arent any lumps, then add the yeast and a pinch of salt.
- ☐ Beat 2 of the eggs. Make a well in the flour, then work in the mango pure, beaten eggs and enough milk to bring the mixture together as a loose dough. Work in the raisins, then the diced mango, until smooth, but slightly sticky. Cover with cling film and leave to rise for 2 hrs in a warm place until doubled in size.
- ☐ Heat oven to 200C/ fan 180C/gas
- ☐ Tip the dough out onto a lightly floured surface and cut in half. Work each half into a flat ciabatta-shaped loaf, then place on a non-stick baking sheet. Leaving one end intact, cut each loaf into 3 along the length. Plait each loaf, then pinch the dough at the ends so they hold their shape. Leave for 30 mins until risen slightly, then beat the remaining egg with a splash of milk.
- ☐ Brush the loaves liberally with egg wash, then bake for 40-50 mins until browned they should sound hollow when tapped underneath. Leave to cool completely before eating. The loaves can now be frozen for up to 1 month.

# Nutrition Facts



# Properties

Glycemic Index:17.1, Glycemic Load:28.03, Inflammation Score:-5, Nutrition Score:9.2217390485432%

# Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 252.54kcal (12.63%), Fat: 4.1g (6.31%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 48.42g (16.14%), Net Carbohydrates: 46.2g (16.8%), Sugar: 10.06g (11.18%), Cholesterol: 38.18mg (12.73%), Sodium: 39.75mg (1.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.18%), Vitamin B1: 0.39mg (26.08%), Folate: 100µg (25%), Selenium: 16.78µg (23.97%), Vitamin B2: 0.29mg (17.15%), Manganese: 0.32mg (16.23%), Vitamin B3: 2.87mg (14.33%), Iron: 2.35mg (13.07%), Vitamin C: 9.89mg (11.99%), Fiber: 2.22g (8.89%), Vitamin A: 413.05IU (8.26%), Phosphorus: 80.69mg (8.07%), Copper: 0.12mg (6.22%), Potassium: 193.42mg (5.53%), Vitamin B6: 0.09mg (4.61%), Vitamin B5: 0.45mg (4.54%), Magnesium: 16.77mg (4.19%), Zinc: 0.5mg (3.3%), Calcium: 30.01mg (3%), Vitamin E: 0.42mg (2.8%), Vitamin B12: 0.11µg (1.9%), Vitamin D: 0.24µg (1.57%), Vitamin K: 1.47µg (1.4%)