



## Menorah Bread

 Dairy Free

READY IN



135 min.

SERVINGS



18

CALORIES



279 kcal

## Ingredients

- 4.5 cups flour all-purpose for flour
- 1 package yeast dry quick
- 2 tablespoons sugar
- 2 teaspoons salt
- 1 cup water
- 0.3 cup butter softened
- 2 eggs
- 1 egg whites beaten
- 9 large gumdrops yellow

- 16 oz vanilla frosting

## Equipment

- bowl
- baking sheet
- sauce pan
- oven

## Directions

- Mix 2 cups of the flour, the yeast, sugar and salt in large bowl.
- Heat water and butter in 1-quart saucepan over medium heat, stirring occasionally, until very warm (120°F to 130°F).
- Add water mixture to flour mixture. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Beat in 2 eggs until smooth. Stir in enough remaining flour to make dough easy to handle.
- Place dough on lightly floured surface. Knead about 10 minutes or until smooth and elastic.
- Place dough in greased bowl; turn greased side up. Cover and let rise in warm place 1 to 1 1/2 hours or until double. (Dough is ready if indentation remains when touched.)
- Heat oven to 400°F. Lightly grease cookie sheet. Gently push fist into dough to deflate. Divide dough in half.
- Roll 1 half into 32-inch rope. Shape rope into large U shape, then double-twist the bottom 4 inches of the U shape together.
- Place crosswise on cookie sheet. Open ends, making a straight line of dough parallel to long side of cookie sheet.
- Divide remaining half of dough into thirds.
- Roll 1 part into 5 inch rope; press on menorah for center candle.
- Roll each remaining part of dough into 10-inch rope; cut each rope into fourths. Press 4 pieces on each side of center candle on menorah, about 1 inch apart, for remaining candles.
- Brush egg white over dough.
- Bake about 15 minutes or until golden brown. Cool on cookie sheet. Attach gumdrops to tops of candles, using frosting.

# Nutrition Facts

PROTEIN 6.09% FAT 24.16% CARBS 69.75%

## Properties

Glycemic Index:14.78, Glycemic Load:30.01, Inflammation Score:-3, Nutrition Score:5.8982608089143%

## Nutrients (% of daily need)

Calories: 278.98kcal (13.95%), Fat: 7.43g (11.43%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 48.26g (16.09%), Net Carbohydrates: 47.3g (17.2%), Sugar: 20.77g (23.08%), Cholesterol: 18.19mg (6.06%), Sodium: 348.24mg (15.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Vitamin B1: 0.29mg (19.55%), Selenium: 12.54µg (17.91%), Folate: 70.7µg (17.67%), Vitamin B2: 0.28mg (16.35%), Manganese: 0.22mg (10.86%), Vitamin B3: 2.06mg (10.32%), Iron: 1.61mg (8.95%), Phosphorus: 51.48mg (5.15%), Fiber: 0.95g (3.82%), Vitamin E: 0.55mg (3.69%), Vitamin K: 3.39µg (3.22%), Vitamin B5: 0.28mg (2.85%), Vitamin A: 139.17IU (2.78%), Copper: 0.05mg (2.68%), Zinc: 0.33mg (2.22%), Magnesium: 8.4mg (2.1%), Potassium: 56.88mg (1.63%), Vitamin B6: 0.03mg (1.43%), Calcium: 10.1mg (1.01%)