



Mini Cranberry Panettones

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



219 kcal

BREAD

Ingredients

- 2 tablespoons almonds sliced
- 7 tablespoons butter
- 0.3 cup crystallized ginger finely chopped
- 4.5 teaspoons yeast dry
- 2 large eggs
- 5.8 cups flour all-purpose divided
- 1 tablespoon orange rind fresh finely chopped
- 0.5 teaspoon salt

- 0.8 cup sugar
- 2.5 cups cranberries dried sweetened
- 1.3 cups warm water (100° to 110°)

Equipment

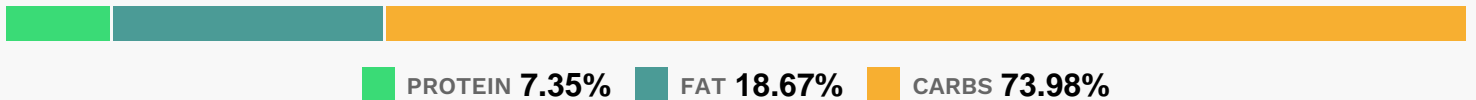
- bowl
- baking paper
- oven
- knife
- whisk
- stand mixer
- muffin liners
- measuring cup

Directions

- Dissolve yeast in water in a large bowl; let stand 5 minutes. Lightly spoon 1 1/4 cups flour into dry measuring cups; level with a knife.
- Add to yeast mixture, stirring with a whisk to combine. Cover; let rise in a warm place (85), free from drafts, 1 hour.
- Combine sugar, butter, rind, and salt in a large bowl; beat with a heavy-duty stand mixer at medium speed until light and fluffy (about 3 minutes).
- Add eggs, beating until combined; beat in yeast mixture. Lightly spoon 4 cups flour into dry measuring cups; level with a knife.
- Add 4 cups flour to egg mixture, beating at medium speed until smooth. Turn dough out onto a floured surface. Knead until smooth and elastic (about 3 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky). Knead in cranberries and ginger until well incorporated.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- Coat 6 (1-cup) muffin cups with cooking spray.

- Cut 6 (5 x 12-inch) strips of parchment paper; place paper in muffin cups to extend 3 inches from the top of the muffin cups. Divide dough evenly among the muffin cups. Lightly spray each muffin with cooking spray; sprinkle evenly with nuts.
- Let rise in a warm place (85), free from drafts, 1 hour or until doubled in size.
- While muffins rise, preheat the oven to 37
- After muffins have doubled in size, bake at 375 for 25 minutes or until muffins are lightly browned.

Nutrition Facts



Properties

Glycemic Index:8.55, Glycemic Load:20.91, Inflammation Score:-4, Nutrition Score:5.9599999914999%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 218.85kcal (10.94%), Fat: 4.62g (7.11%), Saturated Fat: 2.32g (14.53%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 39.43g (14.34%), Sugar: 16.64g (18.49%), Cholesterol: 24.28mg (8.09%), Sodium: 83.06mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Vitamin B1: 0.3mg (20.32%), Folate: 70.98µg (17.74%), Selenium: 11.67µg (16.67%), Manganese: 0.26mg (13.01%), Vitamin B2: 0.21mg (12.13%), Vitamin B3: 2.11mg (10.55%), Iron: 1.56mg (8.68%), Fiber: 1.77g (7.06%), Phosphorus: 50.36mg (5.04%), Vitamin E: 0.64mg (4.24%), Copper: 0.07mg (3.39%), Vitamin B5: 0.31mg (3.11%), Magnesium: 10.42mg (2.6%), Vitamin A: 125.6IU (2.51%), Zinc: 0.35mg (2.36%), Vitamin B6: 0.04mg (1.78%), Potassium: 57.31mg (1.64%), Vitamin K: 1.35µg (1.29%), Calcium: 12.22mg (1.22%)