

Mini panettone

 Vegetarian

READY IN



200 min.

SERVINGS



10

CALORIES



614 kcal

BREAD

Ingredients

- ☐ 2 egg yolk
- ☐ 1 tsp vanilla paste
- ☐ 500 g flour plain
- ☐ 14 g yeast dried
- ☐ 100 g sugar
- ☐ 200 ml milk
- ☐ 200 g butter soft
- ☐ 140 g fruit mixed dried

- ☐ 100 g candied orange peel mixed
- ☐ 10 servings milk for brushing
- ☐ 1 tbsp almonds flaked

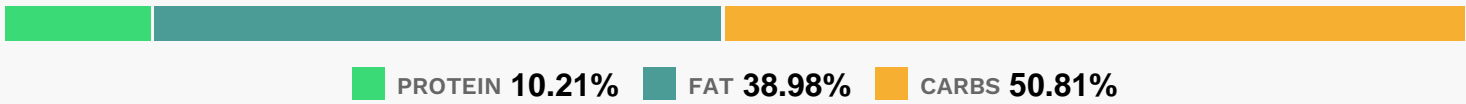
Equipment

- ☐ bowl
- ☐ oven
- ☐ wooden spoon
- ☐ muffin tray

Directions

- ☐ Beat the eggs and yolk with the vanilla. In a large bowl, mix the flour, yeast, sugar and tsp salt.
- ☐ Add the warm milk and egg mixture, then beat to a very soft, sticky dough with a wooden spoon. Cover with cling film and leave in a warm place until the dough has doubled in size.
- ☐ Drop large muffin wraps into 10 clean, 200g size cans (or use a muffin tray), or line them carefully with baking parchment so that the paper comes well above the cans to make a collar.
- ☐ Blend the butter, fruit and peel into the risen dough, preferably with your hands.
- ☐ Cut into 10 equal pieces and drop a piece into each prepared can. Cover again and leave until they are very well risen.
- ☐ Heat oven to 190C/170C fan/gas
- ☐ Gently brush the panettone with milk, scatter over the almonds and bake for 25–30 mins until golden. Eat within 3 days, or freeze for up to 6 weeks.

Nutrition Facts



Properties

Glycemic Index:31.21, Glycemic Load:41.64, Inflammation Score:-7, Nutrition Score:19.90173901488%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 613.67kcal (30.68%), Fat: 26.91g (41.39%), Saturated Fat: 15.7g (98.1%), Carbohydrates: 78.92g (26.31%), Net Carbohydrates: 75.54g (27.47%), Sugar: 38g (42.22%), Cholesterol: 113.64mg (37.88%), Sodium: 243.91mg (10.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.72%), Vitamin B1: 0.72mg (47.73%), Vitamin B2: 0.72mg (42.28%), Calcium: 370.12mg (37.01%), Phosphorus: 363.72mg (36.37%), Selenium: 24.55µg (35.07%), Folate: 131.82µg (32.95%), Vitamin B12: 1.53µg (25.57%), Manganese: 0.46mg (23.18%), Vitamin D: 3.11µg (20.7%), Vitamin A: 983.72IU (19.67%), Vitamin B3: 3.92mg (19.62%), Potassium: 580.86mg (16.6%), Vitamin B5: 1.59mg (15.9%), Iron: 2.8mg (15.53%), Magnesium: 56.71mg (14.18%), Fiber: 3.38g (13.53%), Zinc: 1.78mg (11.84%), Vitamin B6: 0.23mg (11.69%), Copper: 0.14mg (6.88%), Vitamin E: 1.03mg (6.86%), Vitamin K: 4.59µg (4.37%)