



Morrison House Brioche

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



397 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry ()
- ☐ 1 large eggs lightly beaten
- ☐ 8 large eggs
- ☐ 4.3 cups flour all-purpose
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons sugar
- ☐ 1.3 cups butter unsalted chilled cut into pieces
- ☐ 0.3 cup warm water

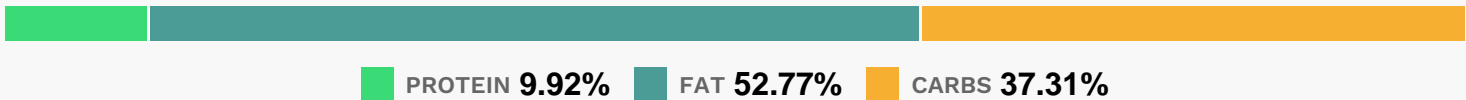
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ muffin tray

Directions

- ☐ Combine flour and sugar in a large mixing bowl. Make a well in center of mixture; add yeast and water in center.
- ☐ Let stand 5 minutes.
- ☐ Beat at low speed with an electric mixer until blended; add salt and 8 eggs, one at a time, beating until blended after each addition.
- ☐ Add butter gradually, beating well (small bits of butter will be visible). Cover and refrigerate 8 hours or overnight (dough will be sticky).
- ☐ Divide dough into 12 portions; pinch off a 1-inch ball of dough from each portion, and set aside.
- ☐ Roll larger pieces into balls on a lightly floured surface; place in well-greased individual brioche molds or a muffin pan.
- ☐ Place molds or muffin pan on a baking sheet.
- ☐ Make a well in center of each ball. Shape remaining dough pieces into balls, and place in wells.
- ☐ Brush brioche with beaten egg; let stand 30 minutes.
- ☐ Bake at 350 for 30 minutes. Cool in molds 10 minutes; remove from molds.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:26.32, Inflammation Score:-6, Nutrition Score:11.254782624867%

Nutrients (% of daily need)

Calories: 397.09kcal (19.85%), Fat: 23.24g (35.75%), Saturated Fat: 13.4g (83.73%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 35.59g (12.94%), Sugar: 2.27g (2.52%), Cholesterol: 190.34mg (63.45%), Sodium: 444.9mg (19.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.65%), Selenium: 27.11µg (38.73%), Vitamin B1: 0.44mg (29.03%), Folate: 114.76µg (28.69%), Vitamin B2: 0.43mg (25.08%), Manganese: 0.32mg (16.11%), Vitamin A: 793.41IU (15.87%), Iron: 2.77mg (15.4%), Vitamin B3: 2.94mg (14.7%), Phosphorus: 132.44mg (13.24%), Vitamin B5: 0.88mg (8.78%), Vitamin D: 1.1µg (7.36%), Vitamin E: 0.97mg (6.46%), Vitamin B12: 0.37µg (6.24%), Zinc: 0.87mg (5.8%), Fiber: 1.38g (5.51%), Copper: 0.1mg (4.98%), Vitamin B6: 0.09mg (4.66%), Magnesium: 15.28mg (3.82%), Calcium: 34.03mg (3.4%), Potassium: 111.48mg (3.19%), Vitamin K: 1.91µg (1.81%)