



## Nonna Mary's Ciambella

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



420 kcal

SIDE DISH

### Ingredients

- 1 tablespoon double-acting baking powder
- 1 egg yolk
- 2 eggs
- 3 cups flour all-purpose
- 1 lemon zest grated
- 0.3 teaspoon salt
- 0.8 cup sugar
- 12 tablespoons butter unsalted ()

- 2 tablespoons milk whole

## Equipment

- food processor
- bowl
- baking sheet
- oven
- whisk

## Directions

- Preheat the oven to 375°F on the regular bake setting
- Put the flour, sugar, milk, and 2 eggs in the bowl of a food processor.
- Add the baking powder and salt, taking care not to put one on top of the other or the salt may inhibit the action of the baking powder.
- Cut the butter into at least a dozen pieces.
- Add the butter and lemon zest to the other ingredients and pulse until a dough forms.
- Transfer the dough to a counter and knead it gently until you obtain a smooth ball. Shape the dough into a loaf about 12 inches long and 3 inches wide.
- Place it on a baking sheet that has been buttered and floured or lined with a nonstick baking mat.
- Place the egg yolk in a small bowl.
- Add 2 teaspoons water, and whisk. Make 4 or 5 shallow diagonal cuts on top of the dough and brush the surface with the yolk mixture.
- Bake for 35 minutes. The ciambella is ready when it is golden brown and feels fairly firm when prodded.
- From Hazan Family Favorites: Beloved Italian Recipes by Giuliano Hazan. Copyright © 2012 Giuliano Hazan; photographs copyright © 2012 Joseph De Leo. Published by Stewart, Tabori & Chang, an imprint of ABRAMS.

## Nutrition Facts



■ PROTEIN 6.53% ■ FAT 41.12% ■ CARBS 52.35%

## Properties

Glycemic Index:34.39, Glycemic Load:39.41, Inflammation Score:-5, Nutrition Score:9.5573912599812%

## Nutrients (% of daily need)

Calories: 419.76kcal (20.99%), Fat: 19.32g (29.72%), Saturated Fat: 11.49g (71.81%), Carbohydrates: 55.33g (18.44%), Net Carbohydrates: 53.98g (19.63%), Sugar: 19.12g (21.24%), Cholesterol: 110.82mg (36.94%), Sodium: 253.28mg (11.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.8%), Selenium: 20.93µg (29.9%), Vitamin B1: 0.38mg (25.33%), Folate: 94.96µg (23.74%), Vitamin B2: 0.31mg (18.25%), Manganese: 0.33mg (16.3%), Iron: 2.61mg (14.52%), Vitamin B3: 2.79mg (13.96%), Vitamin A: 623.09IU (12.46%), Phosphorus: 122.96mg (12.3%), Calcium: 115.12mg (11.51%), Fiber: 1.35g (5.39%), Vitamin B5: 0.48mg (4.81%), Vitamin D: 0.7µg (4.65%), Vitamin E: 0.69mg (4.62%), Copper: 0.08mg (4.14%), Zinc: 0.56mg (3.73%), Vitamin B12: 0.2µg (3.3%), Magnesium: 13.13mg (3.28%), Vitamin B6: 0.05mg (2.57%), Potassium: 80.34mg (2.3%), Vitamin K: 1.67µg (1.59%), Vitamin C: 0.97mg (1.17%)