



Pan de Muertos (Mexican Bread of the Dead)

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

BREAD

Ingredients

- ☐ 1.3 teaspoons active yeast dry
- ☐ 2 teaspoons anise seed
- ☐ 2 eggs beaten
- ☐ 3 cups flour all-purpose
- ☐ 0.3 cup butter
- ☐ 0.3 cup milk
- ☐ 0.3 cup orange juice
- ☐ 1 tablespoon orange zest

- ☐ 2 teaspoons orange zest
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup warm water (110 degrees F/45 degrees C)
- ☐ 0.3 cup sugar white
- ☐ 2 tablespoons sugar white

Equipment

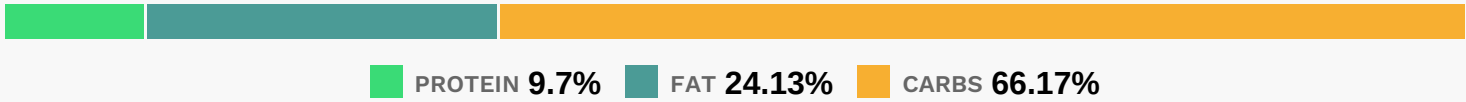
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Heat the milk and the butter together in a medium saucepan, until the butter melts.
- ☐ Remove from the heat and add them warm water. The mixture should be around 110 degrees F (43 degrees C).
- ☐ In a large bowl combine 1 cup of the flour, yeast, salt, anise seed and 1/4 cup of the sugar. Beat in the warm milk mixture then add the eggs and orange zest and beat until well combined. Stir in 1/2 cup of flour and continue adding more flour until the dough is soft.
- ☐ Turn the dough out onto a lightly floured surface and knead until smooth and elastic.
- ☐ Place the dough into a lightly greased bowl cover with plastic wrap and let rise in a warm place until doubled in size. This will take about 1 to 2 hours. Punch the dough down and shape it into a large round loaf with a round knob on top.
- ☐ Place dough onto a baking sheet, loosely cover with plastic wrap and let rise in a warm place for about 1 hour or until just about doubled in size.
- ☐ Bake in a preheated 350 degrees F (175 degrees C) oven for about 35 to 45 minutes.
- ☐ Remove from oven let cool slightly then brush with glaze.
- ☐ To make glaze: In a small saucepan combine the 1/4 cup sugar, orange juice and orange zest. Bring to a boil over medium heat and boil for 2 minutes.

- ☐
- Brush over top of bread while still warm.
- ☐
- Sprinkle glazed bread with white sugar.

Nutrition Facts



Properties

Glycemic Index:38.77, Glycemic Load:32.89, Inflammation Score:-5, Nutrition Score:9.2034781996323%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 285.51kcal (14.28%), Fat: 7.62g (11.73%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 47.05g (15.68%), Net Carbohydrates: 45.43g (16.52%), Sugar: 10.42g (11.57%), Cholesterol: 41.83mg (13.94%), Sodium: 232.6mg (10.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.8%), Vitamin B1: 0.44mg (29.4%), Selenium: 19.55µg (27.93%), Folate: 105.15µg (26.29%), Vitamin B2: 0.32mg (18.89%), Manganese: 0.34mg (16.9%), Vitamin B3: 3.04mg (15.19%), Iron: 2.59mg (14.41%), Phosphorus: 88.61mg (8.86%), Vitamin A: 347.8IU (6.96%), Vitamin C: 5.7mg (6.9%), Fiber: 1.62g (6.47%), Vitamin B5: 0.5mg (4.99%), Copper: 0.09mg (4.43%), Zinc: 0.58mg (3.84%), Magnesium: 15.08mg (3.77%), Potassium: 109.97mg (3.14%), Calcium: 31.34mg (3.13%), Vitamin B6: 0.06mg (3.02%), Vitamin E: 0.37mg (2.49%), Vitamin B12: 0.15µg (2.44%), Vitamin D: 0.3µg (2.03%)