



Pan de Muertos (Mexican Bread of the Dead)

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



261 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

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

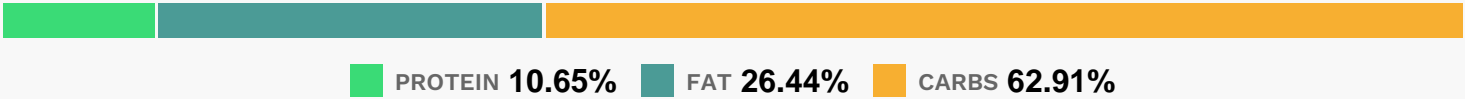
Equipment

- ☐ 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:30.01, Glycemic Load:28.53, Inflammation Score:-5, Nutrition Score:9.1300000710332%

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: 260.96kcal (13.05%), Fat: 7.6g (11.7%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 40.7g (13.57%), Net Carbohydrates: 39.14g (14.23%), Sugar: 4.18g (4.64%), Cholesterol: 41.83mg (13.94%), Sodium: 232.52mg (10.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.78%), Vitamin B1: 0.44mg (29.36%), Selenium: 19.51µg (27.87%), Folate: 105µg (26.25%), Vitamin B2: 0.32mg (18.79%), Manganese: 0.34mg (16.88%), Vitamin B3: 3.03mg (15.17%), Iron: 2.59mg (14.37%), Phosphorus: 88.51mg (8.85%), Vitamin A: 345.7IU (6.91%), Fiber: 1.56g (6.26%), Vitamin C: 5.02mg (6.08%), Vitamin B5: 0.5mg (4.96%), Copper: 0.09mg (4.39%), Zinc: 0.57mg (3.82%), Magnesium: 14.97mg (3.74%), Potassium: 108.78mg (3.11%), Calcium: 30.48mg (3.05%), Vitamin B6: 0.06mg (2.98%), Vitamin E: 0.37mg (2.48%), Vitamin B12: 0.15µg (2.44%), Vitamin D: 0.3µg (2.03%)