

# Panettone

 Vegetarian

READY IN



4500 min.

SERVINGS



16

CALORIES



269 kcal

## Ingredients

- ☐ 4 teaspoons yeast dry (from two)
- ☐ 1 cup candied citron diced (not a supermarket brand; 6 oz)
- ☐ 1 large egg yolk
- ☐ 3 large eggs for 30 minutes at room temperature
- ☐ 5 oz golden raisins
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon lemon zest fresh finely grated
- ☐ 0.5 cup plum brandy sweet
- ☐ 0.5 cup milk (105–115°F)

- ☐ 0.8 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 3.3 cups flour all-purpose
- ☐ 0.5 cup butter unsalted softened for buttering cans cut into 8 pieces and , plus additional
- ☐ 1 tablespoon water

## Equipment

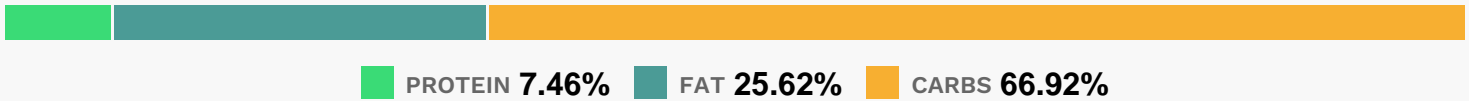
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil

## Directions

- ☐ Simmer raisins in Marsala in a small saucepan 2 minutes.
- ☐ Remove from heat and let stand until cooled to room temperature.
- ☐ Meanwhile, stir together warm milk and 2 teaspoons sugar in bowl of mixer.
- ☐ Sprinkle yeast over mixture and let stand until foamy, about 5 minutes. (If yeast doesn't foam, discard and start over with new yeast.)
- ☐ Add 1/4 cup flour and beat at medium speed until combined.
- ☐ Add whole eggs, yolk, zest, lemon juice, salt, and remaining 2/3 cup sugar and beat until incorporated. Reduce speed to low, then mix in remaining 3 cups flour, 1/2 cup at a time. Increase speed to medium-high, then gradually beat in butter, a few pieces at a time, and continue to beat until dough is shiny and forms strands from paddle to bowl, 4 to 6 minutes. (Dough will be very soft and sticky.)
- ☐ Drain raisins, discarding Marsala, then add to dough along with candied citron and mix at low speed until incorporated.
- ☐ Scrape dough into a lightly oiled bowl and cover bowl with plastic wrap.

- ☐ Let dough rise in a draft-free place at warm room temperature until doubled in bulk, 2 to 3 hours.
- ☐ While dough rises, generously butter coffee cans and line bottom and side of each with parchment (use a round for bottom and a rectangle for side).
- ☐ Punch down dough with lightly floured hands and turn out onto a lightly floured surface. Halve dough and scoop 1 half into each can, pressing gently to expel any air bubbles. Loosely cover cans with lightly buttered plastic wrap.
- ☐ Let dough rise in a draft-free place at warm room temperature until dough reaches top of cans, 2 to 3 hours. (Alternatively, let dough rise in refrigerator 8 to 12 hours; bring to room temperature, 3 to 4 hours, before baking.)
- ☐ Put oven rack in lower third of oven and preheat oven to 375°F.
- ☐ Beat together yolk and water and lightly brush top of dough with egg wash.
- ☐ Bake until tops are deep golden brown and bottoms sound hollow when tapped (remove from cans first), 35 to 40 minutes. (Firmly thump bottoms of inverted cans to remove.)
- ☐ Transfer loaves to a rack and discard parchment. Cool to room temperature.
- ☐ Panettone keeps, wrapped tightly in plastic wrap and then foil, frozen 3 weeks.

## Nutrition Facts



## Properties

Glycemic Index:14.98, Glycemic Load:23.76, Inflammation Score:-4, Nutrition Score:6.6956522490667%

## Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 268.62kcal (13.43%), Fat: 7.56g (11.62%), Saturated Fat: 4.24g (26.52%), Carbohydrates: 44.41g (14.8%), Net Carbohydrates: 42.97g (15.63%), Sugar: 22.23g (24.7%), Cholesterol: 62.52mg (20.84%), Sodium: 138.5mg (6.02%), Alcohol: 1.15g (100%), Alcohol %: 1.65% (100%), Protein: 4.95g (9.91%), Vitamin B1: 0.3mg (19.84%), Selenium: 12.57µg (17.95%), Folate: 71.34µg (17.83%), Vitamin B2: 0.24mg (14.01%), Manganese: 0.23mg (11.34%), Vitamin B3: 1.95mg (9.75%), Iron: 1.59mg (8.84%), Phosphorus: 75.94mg (7.59%), Fiber: 1.44g (5.77%), Vitamin A: 257.6IU (5.15%), Vitamin B5: 0.45mg (4.45%), Copper: 0.09mg (4.41%), Potassium: 141.83mg (4.05%), Vitamin B6: 0.08mg (3.85%), Magnesium: 12.52mg (3.13%), Zinc: 0.46mg (3.09%), Calcium: 29.46mg (2.95%), Vitamin D: 0.44µg (2.9%), Vitamin B12: 0.16µg (2.63%), Vitamin E: 0.33mg (2.17%), Vitamin C: 1.13mg (1.37%)