



Panettone (Italian Christmas Bread)

READY IN



45 min.

SERVINGS



8

CALORIES



402 kcal

BREAD

Ingredients

- ☐ 0.3 cup cherries dried
- ☐ 0.3 cup apricot dried chopped
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 0.3 cup skim milk fat-free
- ☐ 3.8 cups flour all-purpose divided
- ☐ 0.3 cup golden raisins
- ☐ 0.3 cup granulated sugar

- ☐ 0.3 teaspoon granulated sugar
- ☐ 2 teaspoons granulated sugar
- ☐ 0.3 cup orange juice orange-flavored (liqueur)
- ☐ 2 tablespoons pinenuts
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon stick margarine melted
- ☐ 6 tablespoons stick margarine melted
- ☐ 0.3 cup water (100° to 110°)

Equipment

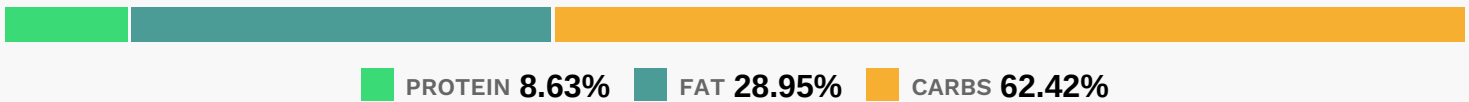
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ measuring cup

Directions

- ☐ To prepare marinated fruit, combine first 4 ingredients in a small bowl; let stand 1 hour.
- ☐ Drain fruit in a sieve over a bowl, reserving fruit and 2 teaspoons liqueur separately.
- ☐ To prepare dough, dissolve yeast and 1/4 teaspoon granulated sugar in warm water in a small bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 1/2 cup flour and next 6 ingredients (1/2 cup flour through egg yolk) in a large bowl; beat at medium speed of a mixer 1 minute or until smooth.
- ☐ Add yeast mixture and 1/2 cup flour; beat 1 minute. Stir in marinated fruit, 2 1/2 cups flour, and pine nuts. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.

- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, about 1 1/2 hours. Dough will not double in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Punch dough down; let rest 5 minutes. Divide in half, shaping each into a ball.
- ☐ Place balls into 2 (13-ounce) coffee cans coated with cooking spray. Cover and let rise 1 hour.
- ☐ Preheat oven to 37
- ☐ Uncover dough.
- ☐ Place coffee cans on bottom rack in oven, and bake at 375 for 30 minutes or until browned and loaf sounds hollow when tapped.
- ☐ Remove bread from cans, and cool on a wire rack.
- ☐ Combine reserved 2 teaspoons liqueur and 1 teaspoon butter; brush over loaves.
- ☐ Sprinkle evenly with turbinado sugar.

Nutrition Facts



Properties

Glycemic Index:60.32, Glycemic Load:41.79, Inflammation Score:-7, Nutrition Score:13.210869623267%

Flavonoids

Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg 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 Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 402.3kcal (20.12%), Fat: 13.04g (20.07%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 63.27g (21.09%), Net Carbohydrates: 60.59g (22.03%), Sugar: 15.89g (17.65%), Cholesterol: 46.43mg (15.48%), Sodium: 272.22mg (11.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.49%), Vitamin B1: 0.59mg (39.12%), Folate: 138.14µg (34.53%), Selenium: 23.43µg (33.47%), Manganese: 0.66mg (33.13%), Vitamin B2: 0.41mg (23.85%),

Vitamin B3: 4.19mg (20.93%), Iron: 3.34mg (18.54%), Vitamin A: 713.86IU (14.28%), Phosphorus: 128.1mg (12.81%),
Fiber: 2.68g (10.73%), Copper: 0.18mg (8.83%), Potassium: 250.97mg (7.17%), Magnesium: 27.17mg (6.79%), Vitamin
E: 1mg (6.67%), Vitamin B5: 0.64mg (6.42%), Zinc: 0.86mg (5.7%), Vitamin C: 4.57mg (5.54%), Vitamin B6: 0.1mg
(4.9%), Calcium: 37.48mg (3.75%), Vitamin B12: 0.15µg (2.56%), Vitamin D: 0.32µg (2.16%), Vitamin K: 2.07µg (1.97%)