



Paska

READY IN



210 min.

SERVINGS



12

CALORIES



375 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter softened
- 12 servings coloured sprinkles
- 3 eggs
- 2 cups flour all-purpose
- 4 cups icing sugar
- 2 teaspoons juice of lemon
- 0.5 lemon zest
- 0.5 cup scalded milk
- 2 tablespoons orange juice

- 0.5 orange zest
- 0.5 teaspoon salt
- 0.8 cup sugar
- 0.5 cup warm water (100 degrees F/38 degrees C)
- 4.5 teaspoons yeast

Equipment

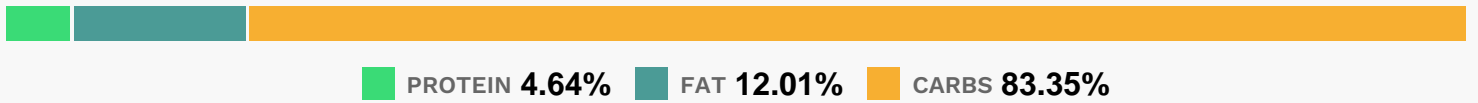
- bowl
- oven
- wire rack
- plastic wrap
- loaf pan
- hand mixer

Directions

- Stir together 2 cups flour and the salt in a large bowl. Set aside.
- Stir yeast into water; add 2 tsp sugar and stir until dissolved.
- Let mixture stand for 10 minutes until doubled in volume.
- Meanwhile, beat eggs with electric mixer. Gradually beat in 3/4 cup sugar.
- Make a well in the flour mixture and pour in scalded milk.
- Add egg mixture; beat well.
- Add butter, and lemon and orange rinds and juices, and yeast; beat until combined.
- Add 1 cup flour at a time, until dough is soft and holds its shape. Knead on a flour-covered surface until elastic and no longer sticky.
- Place dough in a large bowl. Cover with a piece of plastic wrap that has been rubbed with a little oil.
- Let dough rise in a warm place until doubled in size, about 1 to 1-1/2 hours. Punch down and let rise again until doubled in size, about 1 hour.
- Divide dough in half; form each half into a loaf shape and place into a lightly greased 9 x 5-inch (23 x 12 cm) loaf pan.

- Let rise until doubled in bulk, about an hour.
- Bake in a preheated 325 degrees F (160 degrees C) oven until golden brown, about 25 to 30 minutes.
- Remove from oven, let cool for a few minutes, then remove loaves from pans and finish cooling on a wire rack.
- Ice just before serving. For each loaf, stir together 2 cups icing sugar with 1 tsp lemon juice and enough milk (approximately 4 tbsp/60 mL) to make a smooth icing that can be spooned over loaf. Decorate with sprinkles.

Nutrition Facts



Properties

Glycemic Index:23.76, Glycemic Load:20.56, Inflammation Score:-4, Nutrition Score:5.821304285008%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 374.64kcal (18.73%), Fat: 5.07g (7.8%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 79.22g (26.41%), Net Carbohydrates: 78.26g (28.46%), Sugar: 61.55g (68.39%), Cholesterol: 49.67mg (16.56%), Sodium: 141.38mg (6.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.81%), Vitamin B1: 0.31mg (20.38%), Folate: 71.9µg (17.97%), Selenium: 11.09µg (15.84%), Vitamin B2: 0.23mg (13.33%), Vitamin B3: 1.74mg (8.68%), Manganese: 0.15mg (7.6%), Iron: 1.23mg (6.83%), Phosphorus: 63.5mg (6.35%), Vitamin B5: 0.47mg (4.69%), Fiber: 0.96g (3.86%), Vitamin A: 171.28IU (3.43%), Vitamin C: 2.75mg (3.33%), Zinc: 0.44mg (2.9%), Vitamin B6: 0.05mg (2.72%), Vitamin B12: 0.16µg (2.66%), Calcium: 25.36mg (2.54%), Copper: 0.05mg (2.53%), Vitamin D: 0.33µg (2.21%), Magnesium: 8.43mg (2.11%), Potassium: 73.76mg (2.11%), Vitamin E: 0.22mg (1.46%)