

Polish Sweet Bread

 Vegetarian

READY IN



180 min.

SERVINGS



12

CALORIES



117 kcal

Ingredients

- ☐ 3 teaspoons active yeast dry
- ☐ 0.3 cup bread flour
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 1 eggs
- ☐ 2 eggs beaten
- ☐ 1.5 cups milk
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

- ☐ 1 tablespoon water
- ☐ 0.3 cup sugar white

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan
- ☐ bread machine

Directions

- ☐ Warm the milk in a small saucepan until it bubbles, then remove from heat.
- ☐ Mix in the 4 tablespoons butter; stir until melted.
- ☐ Let cool until lukewarm.
- ☐ Pour milk mixture into bread machine pan.
- ☐ Add 2 eggs, 1/2 cup sugar, vanilla extract, 4 cups bread flour, yeast and salt. Choose Dough setting; press start.
- ☐ When dough is finished mixing, leave it in the bread machine pan and cover with a towel.
- ☐ Let rise until doubled, about 45 minutes.
- ☐ Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into two equal pieces and form into loaves.
- ☐ Place the loaves into two lightly greased 9x5 inch loaf pans. Cover the loaves with a damp cloth and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- ☐ In a small bowl, combine 1/4 cup sugar, 1/4 brown sugar and 1/3 cup flour.
- ☐ Cut in butter until mixture resembles coarse crumbs; set aside. In a separate bowl, beat together 1 egg and 1 tablespoon water.
- ☐ Brush loaves of risen bread with the egg wash and then sprinkle on crumb topping.
- ☐ Bake at 350 degrees for about 30 minutes, until golden brown.

Nutrition Facts



PROTEIN 10.66% **FAT 45.41%** **CARBS 43.93%**

Properties

Glycemic Index:18.76, Glycemic Load:5.08, Inflammation Score:-3, Nutrition Score:3.300869545211%

Nutrients (% of daily need)

Calories: 117.42kcal (5.87%), Fat: 5.99g (9.21%), Saturated Fat: 3.36g (20.99%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 12.74g (4.63%), Sugar: 10.17g (11.3%), Cholesterol: 54.75mg (18.25%), Sodium: 253.29mg (11.01%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Protein: 3.16g (6.32%), Selenium: 5.52µg (7.89%), Vitamin B2: 0.13mg (7.55%), Vitamin B1: 0.11mg (7.34%), Phosphorus: 62.25mg (6.22%), Folate: 24.7µg (6.18%), Calcium: 49.6mg (4.96%), Vitamin A: 227.06IU (4.54%), Vitamin B12: 0.27µg (4.52%), Vitamin B5: 0.41mg (4.14%), Vitamin D: 0.56µg (3.7%), Vitamin B6: 0.05mg (2.62%), Zinc: 0.37mg (2.44%), Potassium: 79.68mg (2.28%), Vitamin B3: 0.4mg (1.98%), Manganese: 0.04mg (1.93%), Magnesium: 6.83mg (1.71%), Vitamin E: 0.25mg (1.7%), Iron: 0.28mg (1.55%), Fiber: 0.29g (1.17%), Copper: 0.02mg (1.05%)