



Portuguese Honey Bread

 Vegetarian

READY IN



300 min.

SERVINGS



6

CALORIES



1342 kcal

BREAD

Ingredients

- ☐ 3 teaspoons active yeast dry (from two)
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup fine-quality candied fruit such as pear mixed chopped (not a supermarket brand;)
- ☐ 0.8 cup cranberries dried sour
- ☐ 3 large eggs
- ☐ 4.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 cup mild honey
- ☐ 0.8 cup blackstrap molasses (not blackstrap)
- ☐ 0.3 cup port
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1.3 cups butter unsalted softened for buttering pans
- ☐ 4.3 oz walnuts
- ☐ 0.3 cup warm water (105–115°F)

Equipment

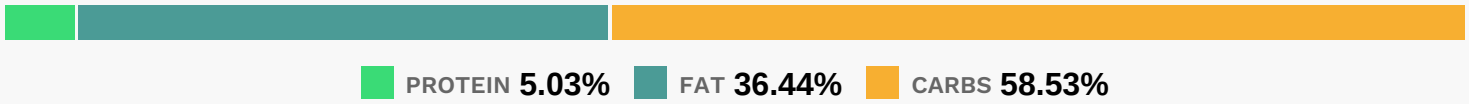
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ stand mixer
- ☐ skewers

Directions

- ☐ Put oven rack in middle position and preheat oven to 325°F. Butter loaf pans.
- ☐ Bring cranberries, candied fruit, and Port to a simmer in a small saucepan.
- ☐ Remove from heat and set aside, covered.
- ☐ Pulse walnuts in a food processor until just coarsely chopped.
- ☐ Add flour, salt, baking soda, and spices and pulse to combine.

- ☐ Beat together butter (2 1/2 sticks) and sugar in a large bowl with an electric mixer at medium-high speed until pale and fluffy, about 4 minutes in a stand mixer or 6 with a handheld.
- ☐ Add eggs 1 at a time, beating well after each addition.
- ☐ Stir together yeast and warm water in a small bowl and let stand until foamy, about 5 minutes. (If mixture doesn't foam, discard and start over with new yeast.)
- ☐ Add one third of flour mixture to butter mixture and mix at low speed until combined, then add molasses and mix until incorporated.
- ☐ Add half of remaining flour mixture and mix until combined, then add honey and mix until incorporated.
- ☐ Add yeast mixture and remaining flour mixture and mix until combined, then stir in candied-fruit mixture.
- ☐ Divide batter among pans, smoothing tops. (Do not let batter rise.)
- ☐ Bake until a wooden pick or skewer inserted in centers of loaves comes out clean, 50 to 60 minutes. Cool in pans on a rack 10 minutes, then remove loaves from pans and cool completely on rack.
- ☐ Breads keep, wrapped tightly in plastic wrap and then foil, at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:44.39, Glycemic Load:101.29, Inflammation Score:-9, Nutrition Score:30.805217385292%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 1341.72kcal (67.09%), Fat: 55.2g (84.92%), Saturated Fat: 26.5g (165.6%), Carbohydrates: 199.46g (66.49%), Net Carbohydrates: 192.89g (70.14%), Sugar: 114.78g (127.53%), Cholesterol: 194.68mg (64.89%), Sodium:

650.4mg (28.28%), Alcohol: 1.53g (100%), Alcohol %: 0.54% (100%), Protein: 17.16g (34.32%), Manganese: 2.19mg (109.74%), Selenium: 49.21µg (70.3%), Vitamin B1: 1.01mg (67.28%), Folate: 241.43µg (60.36%), Iron: 8.37mg (46.49%), Vitamin B2: 0.71mg (41.78%), Magnesium: 161.93mg (40.48%), Copper: 0.72mg (36.09%), Vitamin B3: 6.97mg (34.87%), Vitamin A: 1343.99IU (26.88%), Fiber: 6.57g (26.27%), Phosphorus: 258.26mg (25.83%), Potassium: 900.43mg (25.73%), Vitamin B6: 0.51mg (25.64%), Calcium: 192.36mg (19.24%), Vitamin B5: 1.57mg (15.66%), Zinc: 1.99mg (13.25%), Vitamin E: 1.89mg (12.57%), Vitamin D: 1.21µg (8.06%), Vitamin K: 5.54µg (5.27%), Vitamin B12: 0.3µg (5.07%), Vitamin C: 1.15mg (1.4%)