

Portuguese Sweet Bread III

 Vegetarian

READY IN



900 min.

SERVINGS



16

CALORIES



857 kcal

BREAD

Ingredients

- ☐ 8 ounces butter melted
- ☐ 1 eggs beaten
- ☐ 6 eggs
- ☐ 5 pounds flour all-purpose
- ☐ 4 cups milk
- ☐ 1.3 tablespoons salt
- ☐ 0.3 cup warm water (110 degrees F/45 degrees C)
- ☐ 3.5 cups sugar white

☐

1.2 ounce cakes compressed yeast fresh

Equipment

☐

bowl

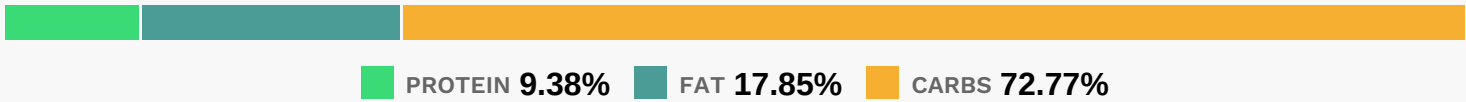
☐

oven

Directions

- ☐ In a small bowl, dissolve yeast in warm water.
- ☐ Let stand until creamy, about 10 minutes.
- ☐ In a medium bowl, beat 6 eggs and the sugar together until light and fluffy. Sift the flour and salt into a large bowl. Stir in the dissolved yeast, the egg and sugar mixture and the cooled, melted butter. Slowly add the milk to the flour mixture until the dough is of working consistency. Turn dough out onto a lightly floured surface. Knead until the dough is soft and elastic, about 15 minutes.
- ☐ Place into a well oiled bowl, and cover with a damp cloth. Set aside to rise overnight.
- ☐ The next morning, preheat oven to 400 degrees F (205 degrees C). Grease two 10 inch round cake pans. Divide dough in half, shape into round loaves, and place into prepared pans.
- ☐ Brush the tops with beaten egg.
- ☐ Bake at 400 degrees F (200 degrees C) for 15 minutes, then lower temperature to 350 degrees F (175 degrees C) and bake for another 40 minutes, or until the top is golden brown and the loaves sound hollow when tapped on the bottom.

Nutrition Facts



Properties

Glycemic Index:14.57, Glycemic Load:109.88, Inflammation Score:-8, Nutrition Score:25.939565456837%

Nutrients (% of daily need)

Calories: 857.07kcal (42.85%), Fat: 16.97g (26.11%), Saturated Fat: 9.26g (57.9%), Carbohydrates: 155.61g (51.87%), Net Carbohydrates: 151.22g (54.99%), Sugar: 47.06g (52.29%), Cholesterol: 109.41mg (36.47%), Sodium: 691.23mg (30.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.05g (40.1%), Vitamin B1: 1.39mg (92.61%), Folate: 318.62µg (79.66%), Selenium: 55.69µg (79.56%), Vitamin B2: 0.97mg (57.09%), Manganese: 0.98mg (49.22%),

Vitamin B3: 9.31mg (46.54%), Iron: 6.99mg (38.83%), Phosphorus: 269.76mg (26.98%), Fiber: 4.4g (17.6%), Vitamin B5: 1.45mg (14.46%), Copper: 0.23mg (11.6%), Calcium: 112mg (11.2%), Zinc: 1.68mg (11.19%), Vitamin A: 557IU (11.14%), Magnesium: 42.3mg (10.57%), Vitamin B12: 0.53µg (8.77%), Potassium: 294.43mg (8.41%), Vitamin B6: 0.16mg (8.23%), Vitamin D: 1.06µg (7.04%), Vitamin E: 0.65mg (4.31%), Vitamin K: 1.67µg (1.59%)