



Portuguese Sweet Bread IV

READY IN



35 min.

SERVINGS



6

CALORIES



2498 kcal

BREAD

Ingredients

- 0.8 ounce active yeast dry
- 1 cup butter
- 1 eggs
- 12 eggs beaten
- 16 cups flour all-purpose
- 3 cups milk
- 0.5 cup shortening
- 0.5 cup warm water (110 degrees F/45 degrees C)
- 2 tablespoons water

5 cups sugar white

Equipment

- bowl
- sauce pan
- oven
- loaf pan

Directions

- Warm the milk in a small saucepan until it bubbles.
- Mix in the butter and shortening; stir until melted.
- Place sugar in a very large bowl, pour milk over sugar and stir until sugar dissolves.
- Let cool until lukewarm. In a small bowl, stir yeast into warm water.
- Stir 12 eggs and yeast mixture into milk and sugar; beat well.
- Pour all of the flour into the milk/eggs/sugar mixture; stir well to combine. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic; about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour. Deflate dough and let rise again until doubled, about 45 minutes.
- Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into six equal pieces and form into loaves.
- Place the loaves into lightly greased 9x5 inch loaf pans. Cover the loaves with a damp cloth and let rise until doubled in volume, about 40 minutes. Preheat oven to 325 degrees F (165 degrees C).
- In a small bowl, beat together 1 egg and 2 tablespoons water and brush on the risen loaves.
- Bake in preheated oven for 25 to 30 minutes, or until bottom of loaves sound hollow when tapped.

Nutrition Facts


 PROTEIN 8.34%  FAT 23.28%  CARBS 68.38%

Properties

Glycemic Index:38.85, Glycemic Load:302.55, Inflammation Score:-10, Nutrition Score:48.456956687586%

Nutrients (% of daily need)

Calories: 2498.33kcal (124.92%), Fat: 64.81g (99.7%), Saturated Fat: 29.52g (184.52%), Carbohydrates: 428.23g (142.74%), Net Carbohydrates: 418.28g (152.1%), Sugar: 173.48g (192.75%), Cholesterol: 450.62mg (150.21%), Sodium: 437.06mg (19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.2g (104.4%), Selenium: 146.24µg (208.92%), Vitamin B1: 3.12mg (207.88%), Folate: 738.86µg (184.72%), Vitamin B2: 2.44mg (143.35%), Manganese: 2.32mg (116.13%), Vitamin B3: 21.32mg (106.6%), Iron: 17.31mg (96.19%), Phosphorus: 703.63mg (70.36%), Vitamin B5: 4.01mg (40.13%), Fiber: 9.95g (39.81%), Vitamin A: 1657.9IU (33.16%), Zinc: 4.4mg (29.32%), Copper: 0.58mg (29.05%), Calcium: 266.17mg (26.62%), Vitamin B12: 1.57µg (26.23%), Magnesium: 102.33mg (25.58%), Vitamin B6: 0.44mg (21.88%), Vitamin D: 3.25µg (21.66%), Vitamin E: 3.19mg (21.25%), Potassium: 717.48mg (20.5%), Vitamin K: 13.4µg (12.76%)