

Pull-Apart Bread

READY IN



95 min.

SERVINGS



12

CALORIES



227 kcal

Ingredients

- ☐ 1 serving pam original flavor shopping list
- ☐ 3.5 cups bread flour all-purpose for bread flour
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 cup milk
- ☐ 0.3 cup butter ()
- ☐ 1 large eggs
- ☐ 0.3 cup butter ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cake form
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ microwave
- ☐ spatula
- ☐ cutting board
- ☐ pot holder

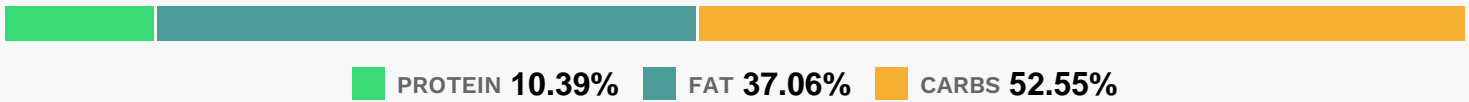
Directions

- ☐ Spray a 12-cup fluted tube cake pan or 10-inch angel food (tube) cake pan with the cooking spray. In a large bowl, stir 1 1/2 cups of the flour, the sugar, salt and yeast until well mixed.
- ☐ In a 1-quart saucepan, heat the milk and 1/4 cup butter over medium-low heat, stirring frequently, until very warm and an instant-read thermometer reads 120°F to 130°F.
- ☐ Add the milk mixture and the egg to the flour mixture. Beat with an electric mixer on low speed 1 minute, stopping frequently to scrape batter from side and bottom of bowl with a rubber spatula, until flour mixture is moistened. Beat on medium speed 3 minutes, stopping frequently to scrape bowl. With a wooden spoon, stir in enough of the remaining flour, 1 cup at a time, until dough is soft, leaves side of bowl and is easy to handle (dough may be slightly sticky).
- ☐ Sprinkle flour lightly on a countertop or large cutting board.
- ☐ Place dough on floured surface. Knead by folding dough toward you, then with the heels of your hands, pushing dough away from you with a short rocking motion. Move dough a quarter

turn and repeat. Continue kneading about 5 minutes, sprinkling surface with more flour if dough starts to stick, until dough is smooth and springy.

- ☐ Place 1/4 cup butter in a small microwavable bowl; cover with a microwavable paper towel. Microwave on High 30 to 50 seconds or until melted.
- ☐ Shape the dough into 24 balls. Dip each ball of dough into the melted butter.
- ☐ Layer evenly in the pan. Cover bowl loosely with plastic wrap; let rise in a warm place 20 to 30 minutes or until dough has doubled in size. Dough is ready if an indentation remains when you press your fingertips about 1/2 inch into the dough.
- ☐ Remove plastic wrap.
- ☐ Move the oven rack to a low position so that tops of the pans will be in the center of the oven.
- ☐ Heat the oven to 350°F.
- ☐ Bake 25 to 30 minutes or until golden brown. Cool bread in pan 2 minutes.
- ☐ Place a heatproof serving plate upside down on pan; holding plate and pan with pot holders, turn plate and pan over together, then remove pan.
- ☐ Serve bread while warm, pulling it apart with 2 forks or your fingers.

Nutrition Facts



Properties

Glycemic Index:14.59, Glycemic Load:18.89, Inflammation Score:-4, Nutrition Score:4.8760869074613%

Nutrients (% of daily need)

Calories: 227.44kcal (11.37%), Fat: 9.32g (14.34%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 29.74g (9.91%), Net Carbohydrates: 28.71g (10.44%), Sugar: 3.1g (3.45%), Cholesterol: 17.94mg (5.98%), Sodium: 200.78mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.76%), Selenium: 16.2µg (23.14%), Manganese: 0.29mg (14.64%), Vitamin A: 394.49IU (7.89%), Vitamin B1: 0.11mg (7.16%), Phosphorus: 70.04mg (7%), Folate: 27.73µg (6.93%), Vitamin B2: 0.1mg (5.66%), Fiber: 1.03g (4.13%), Vitamin B5: 0.39mg (3.86%), Copper: 0.07mg (3.62%), Calcium: 35.9mg (3.59%), Zinc: 0.49mg (3.29%), Vitamin E: 0.49mg (3.29%), Magnesium: 12.66mg (3.16%), Vitamin B3: 0.63mg (3.13%), Vitamin B12: 0.16µg (2.61%), Potassium: 82.31mg (2.35%), Iron: 0.42mg (2.31%), Vitamin B6: 0.04mg (2.13%), Vitamin D: 0.31µg (2.05%)