



Pumpkin Challah



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



210 min.

SERVINGS



2

CALORIES



2139 kcal

Ingredients

- ☐ 2 packages yeast dry
- ☐ 0.5 tsp allspice
- ☐ 0.5 cup brown sugar
- ☐ 2 cups pumpkin puree homemade canned (or)
- ☐ 2 tbsp canola oil
- ☐ 2 tsp cinnamon
- ☐ 1 pinch cloves
- ☐ 1 eggs white (and yolk)
- ☐ 2 egg yolk

- ☐ 0.3 tsp ginger
- ☐ 7 cups flour all-purpose
- ☐ 0.3 cup honey
- ☐ 0.8 tsp nutmeg
- ☐ 2 tsp salt
- ☐ 1 tbsp water
- ☐ 3 tbsp granulated sugar white

Equipment

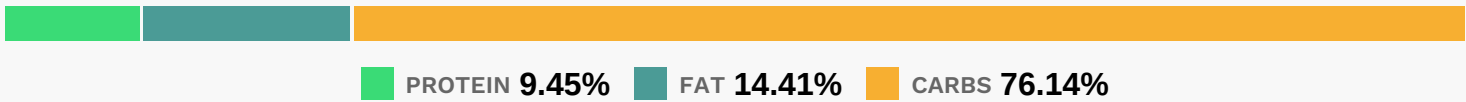
- ☐ baking sheet
- ☐ baking paper
- ☐ whisk
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ kitchen timer
- ☐ pastry brush

Directions

- ☐ Save Recipe
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- ☐ Pumpkin Challah
- ☐ Challah Ingredients2 packages active dry yeast1 cup lukewarm water, divided3 tbsp white sugar1 egg (white and yolk)6 egg yolks1/4 cup honey2 tbsp canola oil2 tsp salt2 tsp cinnamon3/4 tsp nutmeg1/2 tsp allspice1/4 tsp ginger
- ☐ Pinch of cloves1/2 cup brown sugar2 cups pumpkin puree (homemade or canned)7–9 cups all-purpose baking flour
- ☐ Egg Wash Ingredients2 egg yolks1 tbsp water
- ☐ You will also need

- ☐ Large mixing bowl, whisk, kitchen towel, 2 cookie sheets, parchment paper, aluminum foil, pastry brush, timer
- ☐ Total Time: 3 Hours 30 Minutes
- ☐ Servings: 2 large challahs
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:113.68, Glycemic Load:31.02, Inflammation Score:-10, Nutrition Score:38.080869591754%

Nutrients (% of daily need)

Calories: 2139.36kcal (106.97%), Fat: 36.86g (56.71%), Saturated Fat: 4.12g (25.76%), Carbohydrates: 438.17g (146.06%), Net Carbohydrates: 384.42g (139.79%), Sugar: 128.96g (143.29%), Cholesterol: 276.24mg (92.08%), Sodium: 2401.01mg (104.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.41g (108.81%), Vitamin A: 38519.59IU (770.39%), Fiber: 53.74g (214.97%), Iron: 20.6mg (114.44%), Manganese: 1.27mg (63.6%), Vitamin B1: 0.87mg (58.27%), Folate: 232.32µg (58.08%), Vitamin K: 50.92µg (48.5%), Calcium: 465.18mg (46.52%), Vitamin E: 5.85mg (38.98%), Vitamin B2: 0.63mg (37.08%), Vitamin B5: 2.91mg (29.14%), Selenium: 19.62µg (28.03%), Phosphorus: 252.56mg (25.26%), Potassium: 742.74mg (21.22%), Vitamin B3: 3.91mg (19.57%), Copper: 0.39mg (19.5%), Vitamin B6: 0.38mg (19.21%), Magnesium: 74.72mg (18.68%), Vitamin C: 10.85mg (13.15%), Zinc: 1.87mg (12.47%), Vitamin D: 1.41µg (9.41%), Vitamin B12: 0.55µg (9.19%)