



Saffron and Golden Raisin Breakfast Bread

READY IN



39 min.

SERVINGS



7

CALORIES



360 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 12 ounce just-add-water cornbread mix white with fleischmann's)
- ☐ 3 egg yolk
- ☐ 0.5 cup golden raisins
- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 teaspoon saffron threads
- ☐ 7 servings sugar
- ☐ 0.5 cup walnut pieces chopped
- ☐ 0.8 cup water (75° to 85°)

- ☐ 1 tablespoon water
- ☐ 2 teaspoons water

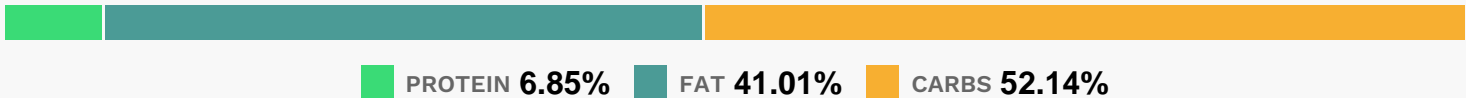
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ bread machine

Directions

- ☐ Combine saffron and 2 teaspoons water in a small bowl; let stand 5 minutes.
- ☐ Place saffron mixture, 2 egg yolks, 3/4 cup warm water, and next 5 ingredients, including yeast packet from bread mix) in a bread machine. Set bread machine to "dough" setting according to manufacturer's instructions; start machine.
- ☐ When dough cycle is complete, turn dough out onto a lightly floured surface, and knead several times. Form dough into a loaf, and place in a greased 9" x 5" loafpan.
- ☐ Let dough rise in a warm place (85), free from drafts, for 1 hour or until doubled in size.
- ☐ Combine remaining egg yolk with 1 tablespoon water.
- ☐ Brush top of loaf with egg wash, and sprinkle with turbinado sugar.
- ☐ Bake at 350 for 32 minutes or until golden.
- ☐ Remove from pan, and cool completely on a wire rack.
- ☐ Mini Breakfast Breads: Divide dough into 3 portions. Form into 3 small loaves, and place in 3 greased 5 3/4" x 3 1/4" loafpans. Continue with recipe, letting dough rise 40 minutes and baking mini loaves at 350 for 20 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:38.11, Glycemic Load:6.95, Inflammation Score:-4, Nutrition Score:9.2460869861686%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 359.8kcal (17.99%), Fat: 16.73g (25.73%), Saturated Fat: 4.82g (30.14%), Carbohydrates: 47.85g (15.95%), Net Carbohydrates: 43.72g (15.9%), Sugar: 20.69g (22.99%), Cholesterol: 92.89mg (30.96%), Sodium: 429.4mg (18.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.57%), Phosphorus: 309.54mg (30.95%), Manganese: 0.48mg (23.81%), Vitamin B1: 0.25mg (16.71%), Fiber: 4.13g (16.53%), Folate: 65.08µg (16.27%), Vitamin B2: 0.21mg (12.19%), Copper: 0.22mg (11.13%), Selenium: 7.58µg (10.83%), Iron: 1.86mg (10.34%), Vitamin B3: 1.84mg (9.2%), Vitamin B6: 0.17mg (8.38%), Magnesium: 29.28mg (7.32%), Vitamin A: 268.78IU (5.38%), Calcium: 53.32mg (5.33%), Vitamin B5: 0.53mg (5.3%), Potassium: 178.83mg (5.11%), Zinc: 0.75mg (5.02%), Vitamin B12: 0.2µg (3.35%), Vitamin K: 3.35µg (3.19%), Vitamin E: 0.44mg (2.94%), Vitamin D: 0.42µg (2.78%)