



Saffron and Raisin Breakfast Bread

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5.3 cups bread flour divided
- ☐ 3 tablespoons butter cooled melted
- ☐ 2.3 teaspoons yeast dry
- ☐ 1.3 cups warm milk fat-free (100° to 110°)
- ☐ 1.5 cups raisins
- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 1 teaspoon sugar
- ☐ 0.5 cup warm water (100° to 110°)

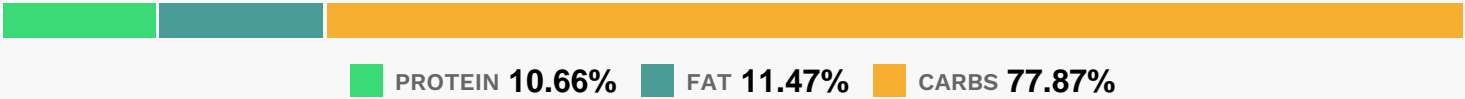
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Combine milk and saffron; let stand 10 minutes.
- ☐ Dissolve yeast and 1 teaspoon sugar in warm water in a large bowl; let stand 5 minutes or until foamy. Stir in milk mixture. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 5 cups flour, raisins, 1/4 cup sugar, butter, and salt to milk mixture, stirring to form a soft dough. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 1/2 hours or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Divide in half. Shape each portion into a 5-inch round loaf.
- ☐ Place loaves, seam sides down, 3 inches apart, on a large baking sheet coated with cooking spray. Make 2 diagonal cuts 1/4-inch-deep across top of each loaf using a sharp knife. Cover and let rise 30 minutes or until doubled in size.
- ☐ Preheat oven to 37
- ☐ Uncover dough.
- ☐ Bake at 375 for 30 minutes or until loaves are browned on bottom and sound hollow when tapped.
- ☐ Remove from pan; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:20.96, Glycemic Load:22.15, Inflammation Score:-2, Nutrition Score:4.2508695870638%

Nutrients (% of daily need)

Calories: 182.79kcal (9.14%), Fat: 2.35g (3.62%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 34.35g (12.49%), Sugar: 3.62g (4.02%), Cholesterol: 5.01mg (1.67%), Sodium: 140.68mg (6.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.85%), Selenium: 13.48µg (19.26%), Manganese: 0.29mg (14.56%), Fiber: 1.62g (6.48%), Phosphorus: 60.2mg (6.02%), Vitamin B1: 0.09mg (5.75%), Folate: 19.73µg (4.93%), Copper: 0.1mg (4.78%), Vitamin B2: 0.08mg (4.48%), Potassium: 153.75mg (4.39%), Magnesium: 13.72mg (3.43%), Iron: 0.59mg (3.26%), Vitamin B3: 0.61mg (3.05%), Calcium: 30.41mg (3.04%), Zinc: 0.4mg (2.69%), Vitamin B5: 0.26mg (2.56%), Vitamin B6: 0.05mg (2.37%), Vitamin A: 86.46IU (1.73%), Vitamin B12: 0.1µg (1.64%), Vitamin D: 0.18µg (1.2%), Vitamin E: 0.18mg (1.2%)