



Sally Lunn

READY IN



45 min.

SERVINGS



8

CALORIES



309 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter softened
- 1 package yeast dry
- 2 eggs
- 3.5 cups flour all-purpose divided
- 1 cup warm milk (105° to 115°)
- 1 teaspoon salt
- 0.5 cup sugar
- 0.3 cup warm water (105° to 115°)

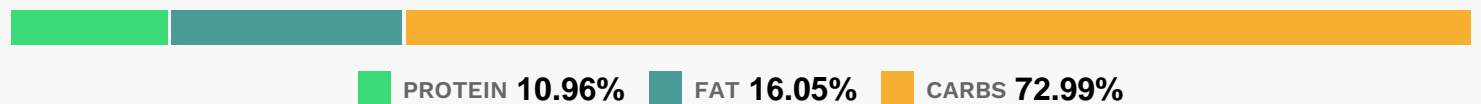
Equipment

- frying pan
- oven
- mixing bowl
- wire rack
- kugelhopf pan

Directions

- Dissolve yeast in warm water, stirring well.
- Let stand 5 minutes or until bubbly.
- Cream butter in a medium mixing bowl; gradually add sugar, beating well.
- Add eggs and salt, beating until smooth.
- Add 1 1/2 cups flour to creamed mixture; beat well. Stir in milk and dissolved yeast, mixing well. Gradually stir in remaining flour to make a soft dough.
- Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk. Stir dough down; spoon batter into a well-greased 10-inch Bundt pan. Cover and repeat rising procedure 30 minutes or until doubled in bulk.
- Bake at 325 for 10 minutes. Increase temperature to 375; bake 20 minutes or until golden brown. Cool in pan 10 minutes.
- Remove from pan, and place on wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:39.46, Inflammation Score:-5, Nutrition Score:10.567826179464%

Nutrients (% of daily need)

Calories: 309.23kcal (15.46%), Fat: 5.48g (8.43%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 56.08g (18.69%), Net Carbohydrates: 54.37g (19.77%), Sugar: 14.13g (15.7%), Cholesterol: 44.58mg (14.86%), Sodium: 352.93mg

(15.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.84%), Vitamin B1: 0.55mg (36.49%), Selenium: 22.64µg (32.34%), Folate: 125.76µg (31.44%), Vitamin B2: 0.4mg (23.6%), Manganese: 0.38mg (19.06%), Vitamin B3: 3.62mg (18.11%), Iron: 2.76mg (15.32%), Phosphorus: 118.03mg (11.8%), Fiber: 1.71g (6.85%), Vitamin B5: 0.64mg (6.43%), Calcium: 53.72mg (5.37%), Zinc: 0.72mg (4.81%), Vitamin A: 234.01IU (4.68%), Copper: 0.09mg (4.65%), Vitamin B12: 0.27µg (4.45%), Magnesium: 17.67mg (4.42%), Vitamin B6: 0.07mg (3.74%), Vitamin D: 0.56µg (3.7%), Potassium: 129.58mg (3.7%), Vitamin E: 0.27mg (1.81%)