



Sally Lunn Bread

READY IN



45 min.

SERVINGS



16

CALORIES



255 kcal

BREAD

Ingredients

- 0.5 ounce active yeast dry
- 0.5 cup butter
- 2 large eggs
- 5 cups flour all-purpose
- 1.5 cups milk
- 1 teaspoon salt
- 0.8 cup sugar
- 0.5 cup warm water (100° to 110°)

Equipment

- frying pan
- sauce pan
- oven
- hand mixer
- measuring cup
- kugelhopf pan

Directions

- Combine yeast and 1/2 cup warm water in a 1-cup measuring cup; let stand 5 minutes.
- Heat milk and next 3 ingredients in a saucepan over medium heat, stirring until butter melts. Cool to 100 to 11
- Beat yeast mixture, milk mixture, and eggs at medium speed with an electric mixer until blended. Gradually add flour, beating at lowest speed until blended. (
- Mixture will be a very sticky, soft dough.)
- Cover and let rise in a warm place (85), free from drafts, 1 hour or until dough is doubled in bulk.
- Stir dough down; cover and let rise in a warm place (85), free from drafts, 30 minutes or until dough is doubled in bulk.
- Stir dough down, and spoon into a well-greased, 10-inch Bundt pan or tube pan. Cover and let rise in a warm place (85), free from drafts, 20 to 30 minutes or until dough is doubled in bulk.
- Bake at 350 for 35 to 40 minutes or until golden brown and a wooden pick inserted into center of bread comes out clean.
- Remove from pan immediately.
- Serve bread with Blackberry Butter, honey, molasses, or jelly, if desired.
- Blackberry Butter: Stir 2 to 3 tablespoons seedless blackberry jam into 1/2 cup softened butter.

Nutrition Facts



■ PROTEIN 9.43% ■ FAT 26.59% ■ CARBS 63.98%

Properties

Glycemic Index:11.44, Glycemic Load:28.52, Inflammation Score:-5, Nutrition Score:7.9091303544524%

Nutrients (% of daily need)

Calories: 254.83kcal (12.74%), Fat: 7.52g (11.56%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 39.4g (14.33%), Sugar: 10.59g (11.76%), Cholesterol: 26mg (8.66%), Sodium: 231.5mg (10.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.99%), Vitamin B1: 0.42mg (28.01%), Folate: 95.22µg (23.81%), Selenium: 15.72µg (22.46%), Vitamin B2: 0.29mg (17.23%), Manganese: 0.27mg (13.63%), Vitamin B3: 2.69mg (13.46%), Iron: 1.95mg (10.82%), Phosphorus: 84.94mg (8.49%), Vitamin A: 324.55IU (6.49%), Fiber: 1.29g (5.17%), Vitamin B5: 0.48mg (4.78%), Calcium: 40.3mg (4.03%), Zinc: 0.52mg (3.47%), Copper: 0.07mg (3.34%), Magnesium: 12.86mg (3.21%), Vitamin B12: 0.19µg (3.11%), Vitamin B6: 0.06mg (2.78%), Potassium: 96.39mg (2.75%), Vitamin D: 0.38µg (2.51%), Vitamin E: 0.32mg (2.14%)