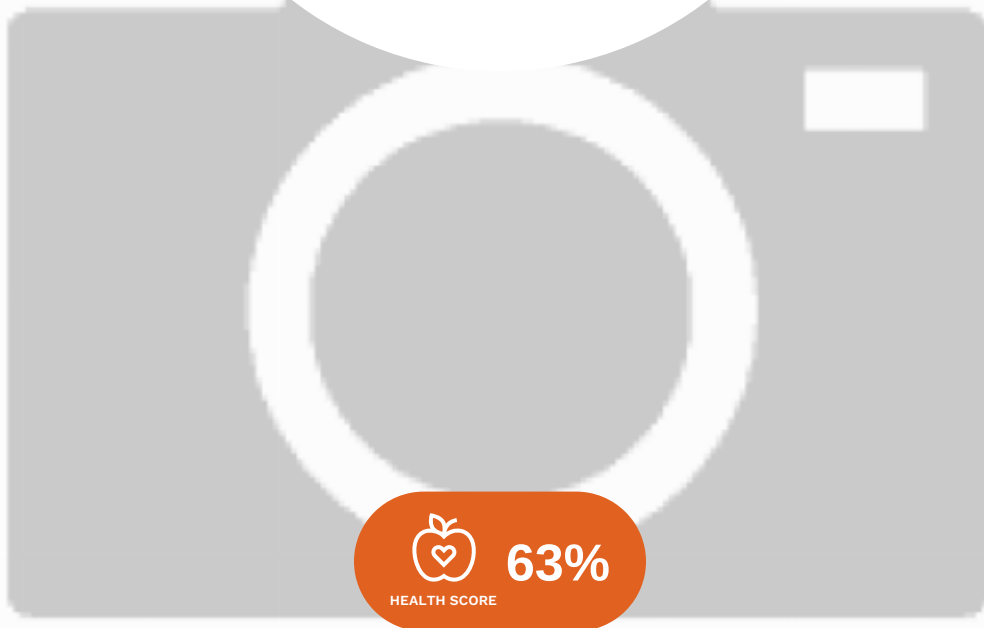




Schnitzbrot (German Christmas Bread)

 Very Healthy

READY IN



295 min.

SERVINGS



3

CALORIES



2565 kcal

BREAD

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 1 cup brown sugar packed
- ☐ 3 teaspoons butter
- ☐ 7 cups flour all-purpose
- ☐ 1.5 cups prune juice
- ☐ 9 ounce condensed mincemeat
- ☐ 2 cups prune- cut to pieces pitted chopped
- ☐ 1 cup raisins black

- ☐ 2 teaspoons salt
- ☐ 1 cup walnuts chopped
- ☐ 1 cup warm water (110 degrees F/45 degrees C)
- ☐ 2 tablespoons sugar white

Equipment

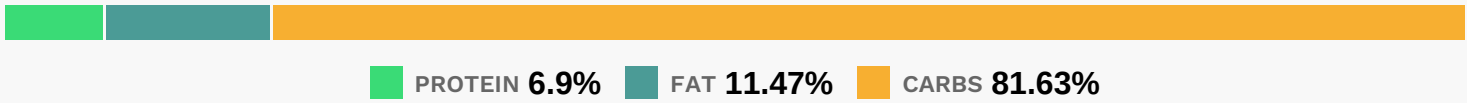
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ Grease a large bowl. Lightly grease three 5 x 9-inch loaf pans.
- ☐ Pour the warm water into a large mixing bowl, and stir in the yeast until dissolved. Allow to rest until the mixture becomes creamy, about 15 minutes. Stir in 2 tablespoons of white sugar and 3 cups of flour until evenly blended.
- ☐ Pour the prune juice into a pan, and stir in the condensed mincemeat. Bring the mixture to a boil over medium heat, stirring occasionally, and cook 1 minute at a rolling boil.
- ☐ Remove from the heat, and stir in the prunes, butter, raisins, walnuts, brown sugar, and salt.
- ☐ Combine the prune mixture with the yeast mixture in the mixing bowl. Gradually stir in the flour, 1 cup at a time, until well blended to make a moist dough. Turn out onto a floured board, and knead in any remaining flour to make 9 cups. Gather dough into a ball and place into greased bowl. Cover with a cloth, and place in a warm place until doubled in size, about 1 1/2 hours.
- ☐ Punch down dough, knead lightly on a floured board, and return to the bowl. Allow to rise again, about 1 hour.
- ☐ Turn dough out onto a floured board. Punch down and shape into 3 loaves.
- ☐ Place each loaf into a prepared loaf pan. Lightly grease tops of each loaf with 1 teaspoon butter. Cover with a clean cloth, and allow to rise until doubled in size, about 1 hour.
- ☐ Preheat oven to 300 degrees F (150 degrees C).

- ☐
- Bake in preheated oven for 1 hour. Lower heat to 250 degrees F (120 degrees C), and bake 1/2 hour more.
- ☐
- Remove from pans, and cool on racks.

Nutrition Facts



Properties

Glycemic Index:110.63, Glycemic Load:220.96, Inflammation Score:-10, Nutrition Score:59.623478794227%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 2564.51kcal (128.23%), Fat: 33.76g (51.94%), Saturated Fat: 5.72g (35.78%), Carbohydrates: 540.69g (180.23%), Net Carbohydrates: 509.28g (185.19%), Sugar: 215.59g (239.55%), Cholesterol: 10.75mg (3.58%), Sodium: 2108.21mg (91.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.7g (91.39%), Vitamin B1: 3.1mg (206.68%), Manganese: 4.12mg (206.13%), Folate: 692.99µg (173.25%), Selenium: 103.04µg (147.2%), Vitamin B2: 2.16mg (126.89%), Fiber: 31.41g (125.66%), Vitamin B3: 23.99mg (119.97%), Vitamin K: 123.08µg (117.22%), Iron: 18.45mg (102.5%), Copper: 1.83mg (91.3%), Potassium: 2513.12mg (71.8%), Phosphorus: 660.49mg (66.05%), Magnesium: 233.6mg (58.4%), Vitamin B6: 0.95mg (47.29%), Vitamin A: 1718.18IU (34.36%), Vitamin B5: 3.12mg (31.18%), Zinc: 4.64mg (30.94%), Calcium: 249.68mg (24.97%), Vitamin E: 1.44mg (9.58%), Vitamin C: 4.35mg (5.27%)