



## Spiced Pecan Toasting Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



342 kcal

BREAD

### Ingredients

- 2 tablespoons active yeast dry
- 0.5 teaspoon pepper black freshly ground
- 6 cups bread flour divided plus more for shaping
- 16 servings butter for bowl and pans
- 0.5 cup brown sugar dark
- 3 eggs
- 2 teaspoons ground cardamom
- 1 teaspoon ground cinnamon

- 2 tablespoons honey
- 0.5 cup nonfat milk dried low-fat
- 0.3 teaspoon nutmeg freshly grated
- 1.5 cups pecans chopped
- 4 teaspoons salt
- 1 tablespoon vanilla extract
- 0.5 cup flour whole-wheat

## Equipment

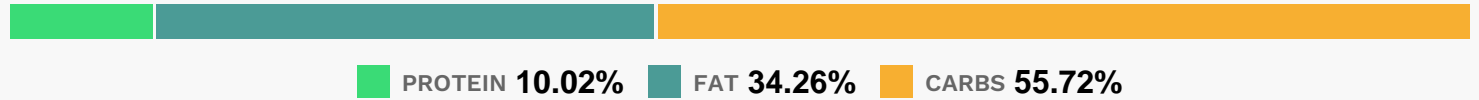
- bowl
- oven
- blender
- plastic wrap
- loaf pan
- stand mixer

## Directions

- In the bowl of a stand mixer, dissolve yeast and honey in 1 1/2 cups warm water (90 to 105).
- Let sit until foamy, about 5 minutes.
- Attach dough hook and, with mixer on medium, mix in 2 eggs, 2 cups bread flour, the whole-wheat flour, brown sugar, dried milk, salt, vanilla, cardamom, cinnamon, pepper, nutmeg, and pecans.
- Add remaining 4 to 5 cups bread flour, 1/2 cup at a time, until dough pulls away from the inside of bowl. Knead (with mixer on medium) until smooth and elastic, adding more flour as necessary to keep dough from sticking too much. When ready, dough should feel a bit like an earlobe when you pinch it.
- Transfer dough to a large, lightly buttered bowl. Cover with a clean towel or plastic wrap and let sit until doubled in bulk, about 1 1/2 hours. Meanwhile, butter two 8-in. loaf pans and set aside.
- Punch down dough, divide in half, and, on a lightly floured surface, shape each half into an 8-in. oblong loaf. Put dough in pans, cover, and let sit until doubled in bulk, about 1 hour.

- Preheat oven to 35
- In a small bowl, beat remaining egg with 2 tbsp. water.
- Brush dough with egg wash and bake until brown, about 35 minutes.
- Remove loaves from pans (they're done if they sound hollow when tapped on the bottom) and cool on wire racks.

## Nutrition Facts



### Properties

Glycemic Index:20.28, Glycemic Load:23.34, Inflammation Score:-3, Nutrition Score:9.1617392703243%

### Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

### Nutrients (% of daily need)

Calories: 342.31kcal (17.12%), Fat: 13.15g (20.22%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 48.1g (16.03%), Net Carbohydrates: 45.29g (16.47%), Sugar: 9.93g (11.03%), Cholesterol: 41.67mg (13.89%), Sodium: 631.82mg (27.47%), Alcohol: 0.28g (100%), Alcohol %: 0.37% (100%), Protein: 8.65g (17.3%), Manganese: 1.1mg (54.91%), Selenium: 24.2µg (34.58%), Vitamin B1: 0.19mg (12.49%), Copper: 0.24mg (11.97%), Phosphorus: 117.19mg (11.72%), Fiber: 2.81g (11.22%), Folate: 35.41µg (8.85%), Magnesium: 33.1mg (8.27%), Zinc: 1.18mg (7.84%), Vitamin B2: 0.12mg (7.03%), Iron: 1.09mg (6.05%), Vitamin B5: 0.56mg (5.55%), Vitamin B3: 1.01mg (5.06%), Potassium: 148.64mg (4.25%), Vitamin B6: 0.08mg (4.24%), Calcium: 40.39mg (4.04%), Vitamin A: 192.86IU (3.86%), Vitamin E: 0.56mg (3.76%), Vitamin B12: 0.13µg (2.11%), Vitamin D: 0.25µg (1.66%), Vitamin K: 1.09µg (1.04%)