



Squash Braid

 Vegetarian

READY IN



145 min.

SERVINGS



16

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 ounce yeast dry
- 3 tablespoons brown sugar
- 3 tablespoons brown sugar
- 0.3 cup butter softened
- 1 butternut squash cubed peeled seeded
- 1 eggs
- 3 cups flour all-purpose
- 0.3 cup milk (110 degrees F/45 degrees C)

- 0.3 teaspoon salt
- 1 tablespoon water
- 2 tablespoons water (110 degrees F/45 degrees C)

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- wire rack

Directions

- In a large saucepan, cover peeled and chopped squash with water. Bring water to a boil and cook until tender, about 15 to 20 minutes.
- Let cool and mash. Reserve 1 cup for use in this recipe and freeze remainder for later use.
- In a small bowl, dissolve yeast in warm water.
- Let stand until creamy, about 10 minutes.
- In a large bowl, combine the yeast mixture with milk, butter, 1 cup mashed squash, 1 egg, brown sugar, salt and 2 cups flour; stir well to combine. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- Deflate the dough and turn it out onto a lightly floured surface. Divide into 6 equal pieces and roll each into a rope about 18 inches long. Take 3 ropes, pinch ends together and then braid ropes together. Pinch ends to seal. Do the same with the other 3 ropes of dough.
- Place braids on lightly greased baking sheets. Cover and let rise for about 30 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- In a small bowl, beat together 1 egg and 1 tablespoons water; brush loaves with egg wash.
- Bake in preheated oven for 20 to 25 minutes.
- Remove from baking sheets and let cool on a wire rack.

Nutrition Facts

PROTEIN 9.05% FAT 20.33% CARBS 70.62%

Properties

Glycemic Index:10.19, Glycemic Load:13.03, Inflammation Score:-10, Nutrition Score:11.01782609328%

Nutrients (% of daily need)

Calories: 157.36kcal (7.87%), Fat: 3.61g (5.56%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 28.22g (9.41%), Net Carbohydrates: 26.53g (9.65%), Sugar: 5.72g (6.35%), Cholesterol: 18.47mg (6.16%), Sodium: 68.95mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin A: 5094.53IU (101.89%), Vitamin B1: 0.28mg (18.91%), Folate: 67.36µg (16.84%), Selenium: 9.25µg (13.21%), Manganese: 0.26mg (12.99%), Vitamin C: 9.85mg (11.93%), Vitamin B3: 2.14mg (10.69%), Vitamin B2: 0.16mg (9.63%), Iron: 1.51mg (8.37%), Fiber: 1.69g (6.76%), Potassium: 212.57mg (6.07%), Magnesium: 22.78mg (5.69%), Phosphorus: 55.21mg (5.52%), Vitamin E: 0.8mg (5.35%), Vitamin B6: 0.1mg (4.94%), Vitamin B5: 0.42mg (4.21%), Calcium: 38.63mg (3.86%), Copper: 0.07mg (3.7%), Zinc: 0.33mg (2.21%)