



Stolle de Noel (Christmas Stollen)

READY IN



45 min.

SERVINGS



16

CALORIES



220 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds coarsely chopped
- ☐ 0.3 cup apple juice (cherry brandy)
- ☐ 3 tablespoons candied citron
- ☐ 3 tablespoons candied orange peel
- ☐ 3 tablespoons currants dried
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large eggs
- ☐ 0.5 cup milk fat-free
- ☐ 3.5 cups flour all-purpose divided

- ☐ 3 tablespoons golden raisins
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon granulated sugar
- ☐ 3 tablespoons candied lemon peel
- ☐ 2 tablespoons powdered sugar
- ☐ 1 teaspoon salt
- ☐ 0.3 cup stick margarine melted
- ☐ 1 tablespoon stick margarine softened
- ☐ 0.3 cup warm water (100° to 110°)

Equipment

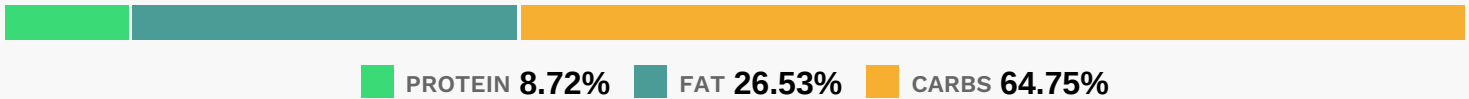
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ measuring cup

Directions

- ☐ To prepare the marinated fruit, combine first 6 ingredients in a small bowl, and let stand 1 hour.
- ☐ Drain the mixture in a sieve over a bowl, reserving the brandy and fruit mixture separately.
- ☐ To prepare dough, dissolve yeast and 1/4 teaspoon granulated sugar in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 1 1/2 cups flour, reserved brandy, milk, 1/4 cup granulated sugar, 1/4 cup butter, salt, and egg to yeast mixture; beat at medium speed of a mixer until smooth. Stir in marinated fruit, 1 1/2 cups flour, and almonds. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.

- ☐ Place in a bowl coated with cooking spray; turn to coat top. Cover; let rise in a warm place (85), free from drafts, about 2 hours. Dough will not double in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Punch dough down; let rest 5 minutes.
- ☐ Roll into a 13 x 8-inch oval on a lightly floured surface.
- ☐ Place on a baking sheet coated with cooking spray; fold dough over lengthwise, leaving a 3-inch border. Cover and let rise 1 hour.
- ☐ Preheat oven to 35
- ☐ Uncover dough, and bake at 350 for 25 minutes or until browned and loaf sounds hollow when tapped; cool.
- ☐ Brush with 1 tablespoon butter; sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:23.8, Glycemic Load:19.38, Inflammation Score:-4, Nutrition Score:6.9665218138176%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 220.1kcal (11.01%), Fat: 6.6g (10.15%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 36.23g (12.08%), Net Carbohydrates: 34.36g (12.5%), Sugar: 13.14g (14.6%), Cholesterol: 11.85mg (3.95%), Sodium: 204.75mg (8.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Vitamin B1: 0.28mg (18.94%), Manganese: 0.32mg (16.12%), Folate: 64.42µg (16.11%), Selenium: 10.71µg (15.3%), Vitamin B2: 0.24mg (14.19%), Vitamin B3: 2.05mg (10.25%), Iron: 1.63mg (9.05%), Vitamin E: 1.35mg (8.99%), Phosphorus: 75.96mg (7.6%), Fiber: 1.87g (7.47%), Copper: 0.11mg (5.62%), Magnesium: 22.37mg (5.59%), Vitamin A: 201.53IU (4.03%), Potassium: 137mg (3.91%), Calcium: 36.52mg (3.65%), Zinc: 0.47mg (3.12%), Vitamin B5: 0.29mg (2.9%), Vitamin B6: 0.05mg (2.75%), Vitamin C: 1.72mg (2.08%), Vitamin B12: 0.08µg (1.29%)