



Stollen

READY IN



720 min.

SERVINGS



32

CALORIES



142 kcal

DESSERT

Ingredients

- 1 package yeast dry quick
- 0.8 cup water (105°F to 115°F)
- 0.5 cup granulated sugar
- 0.5 teaspoon salt
- 3 eggs
- 1 eggs separated
- 0.5 cup butter softened
- 3.5 cups flour all-purpose for flour
- 0.5 cup blanched almonds and

- 0.3 cup candied citron chopped
- 0.3 cup candied cherries chopped
- 0.3 cup raisins
- 1 tablespoon lemon zest grated
- 1 tablespoon butter softened
- 1 tablespoon water
- 1.3 cups powdered sugar
- 2 tablespoons milk

Equipment

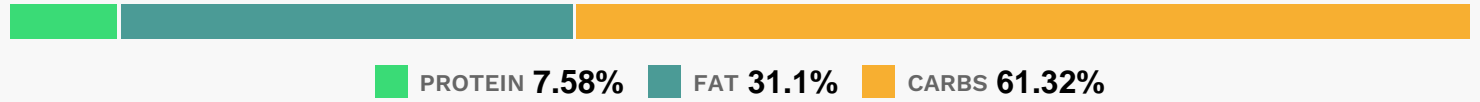
- bowl
- baking sheet
- oven
- hand mixer

Directions

- In large bowl, dissolve yeast in 3/4 cup warm water. Beat in granulated sugar, the salt, eggs, egg yolk, 1/2 cup butter and 1 3/4 cups of the flour with electric mixer on medium speed 10 minutes, scraping bowl constantly. Stir in remaining flour, the almonds, citron, cherries, raisins and lemon peel. Scrape batter from side of bowl. Cover and let rise in warm place 1 1/2 to 2 hours or until double. (Dough is ready if indentation remains when touched.) Cover and refrigerate egg white.
- Stir down batter by beating about 25 strokes. Cover tightly and refrigerate at least 8 hours or overnight.
- Grease cookie sheet.
- Place dough on well-floured surface; turn to coat with flour. Divide in half; press each half into 10x7-inch oval.
- Spread with 1 tablespoon butter. Fold ovals lengthwise in half; press only folded edge firmly.
- Place on cookie sheet. Beat egg white and 1 tablespoon water; brush over folded ovals. Cover and let rise in warm place 45 to 60 minutes or until double.
- Heat oven to 375°F.

- Bake 20 to 25 minutes or until golden brown.
- In medium bowl, mix powdered sugar and milk until smooth.
- Spread glaze over warm stollen.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:10.22, Inflammation Score:-2, Nutrition Score:3.4773913412962%

Nutrients (% of daily need)

Calories: 141.89kcal (7.09%), Fat: 4.96g (7.63%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 22g (7.33%), Net Carbohydrates: 21.25g (7.73%), Sugar: 9.77g (10.86%), Cholesterol: 20.57mg (6.86%), Sodium: 84.74mg (3.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin B1: 0.14mg (9.31%), Selenium: 6.48µg (9.26%), Folate: 33.78µg (8.44%), Vitamin B2: 0.12mg (7.17%), Manganese: 0.14mg (6.8%), Vitamin B3: 0.98mg (4.91%), Iron: 0.84mg (4.65%), Vitamin E: 0.65mg (4.36%), Phosphorus: 39.24mg (3.92%), Vitamin A: 174.19IU (3.48%), Fiber: 0.75g (3%), Copper: 0.05mg (2.51%), Magnesium: 9.73mg (2.43%), Vitamin B5: 0.19mg (1.88%), Zinc: 0.25mg (1.67%), Potassium: 50.73mg (1.45%), Calcium: 13.22mg (1.32%), Vitamin B6: 0.02mg (1.21%)