



Stollen

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



506 kcal

DESSERT

Ingredients

- 5.5 cups flour all-purpose plus more for surface and more if needed sifted
- 0.3 cup granulated sugar
- 1 teaspoon salt
- 0.3 teaspoon mace
- 0.3 teaspoon nutmeg freshly grated
- 1 cup milk whole warmed
- 5 ounces butter unsalted melted ()
- 1 tablespoon yeast dry dissolved in $\frac{1}{4}$ cup warm water (from two)

- 3 large eggs lightly beaten
- 1.5 cups golden raisins fresh
- 5 ounces currants dried (1 cup plus 2 tablespoons)
- 1 cup blanched almonds and coarsely chopped
- 4 ounces candied citron diced ()
- 0.3 cup candied orange peel diced
- 0.3 cup apricot dried diced
- 1 lemon zest finely grated
- 1 serving vegetable oil for bowl
- 3 cups powdered sugar
- 5 tablespoons milk whole

Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack

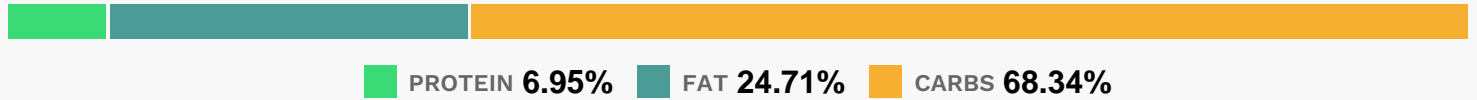
Directions

- Whisk together flour, granulated sugar, salt, mace, and nutmeg in a large bowl. Stir in milk and melted butter.
- Add dissolved yeast and the eggs. Turn out onto a lightly floured surface, and knead until smooth.
- Drain raisins and currants.
- Add raisins, currants, almonds, citron, orange peel, apricots, and lemon zest to dough, and continue kneading until incorporated, about 10 minutes. If dough is sticky, knead in more flour.
- Transfer dough to a lightly oiled bowl. Cover with plastic, and let rise in a warm place until doubled in volume, 1 to 2 hours. Punch down dough, divide into 6 even pieces, and roll each piece into a 15-inch-long log. Braid 3 logs together, and place on a parchment-lined baking

sheet. Repeat with remaining 3 logs. Cover with plastic, and let rise until doubled in volume, about 2 hours more.

- Preheat oven to 350 degrees.
- Bake stollen until golden brown, 35 to 40 minutes.
- Let cool completely on a wire rack. Beat together confectioners' sugar and milk.
- Drizzle stollen with icing just before serving.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:34.19, Inflammation Score:-5, Nutrition Score:12.370000015134%

Flavonoids

Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 506.14kcal (25.31%), Fat: 14.27g (21.95%), Saturated Fat: 5.77g (36.05%), Carbohydrates: 88.79g (29.6%), Net Carbohydrates: 85.44g (31.07%), Sugar: 49.88g (55.42%), Cholesterol: 56.31mg (18.77%), Sodium: 185.93mg (8.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.05%), Vitamin B1: 0.41mg (27.41%), Manganese: 0.54mg (27.24%), Selenium: 18.62µg (26.6%), Folate: 94.64µg (23.66%), Vitamin B2: 0.4mg (23.36%), Vitamin B3: 3.31mg (16.57%), Iron: 2.95mg (16.36%), Vitamin E: 2.42mg (16.1%), Phosphorus: 153.39mg (15.34%), Fiber: 3.35g (13.39%), Copper: 0.24mg (12.15%), Magnesium: 43.61mg (10.9%), Potassium: 353.6mg (10.1%), Vitamin A: 411.35IU (8.23%), Calcium: 76.17mg (7.62%), Vitamin B6: 0.13mg (6.74%), Zinc: 0.86mg (5.74%), Vitamin B5: 0.51mg (5.13%), Vitamin D: 0.54µg (3.6%), Vitamin B12: 0.21µg (3.44%), Vitamin K: 3.33µg (3.17%), Vitamin C: 1.37mg (1.66%)