



Sugar-Frosted Cardamom Braid

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large eggs
- ☐ 1 large egg whites lightly beaten
- ☐ 4 cups flour all-purpose divided
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cardamom
- ☐ 2 tablespoons lemon zest grated

- ☐ 1.3 cups milk 2% reduced-fat
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar coarse-grain
- ☐ 1 tablespoon water

Equipment

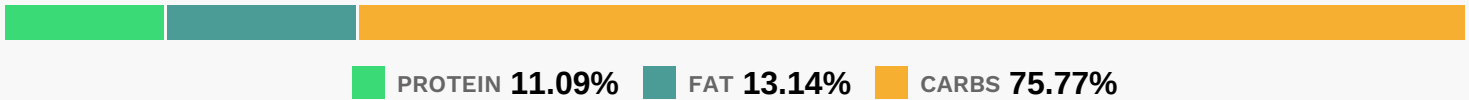
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ kitchen thermometer
- ☐ stand mixer
- ☐ measuring cup

Directions

- ☐ Combine first 6 ingredients in a heavy saucepan over low heat. Cook 5 minutes or until sugar dissolves and a thermometer registers 115, stirring frequently.
- ☐ Remove saucepan from heat.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 2 1/2 cups flour and yeast in a large bowl, stirring well with a whisk.
- ☐ Add milk mixture and egg; beat with a heavy-duty stand mixer at low speed 30 seconds or just until blended. Increase mixer to medium speed; beat 2 to 3 minutes. Gradually add 2 cups flour; beat at low speed until mixture forms a ball.
- ☐ Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).

- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes.
- ☐ Preheat oven to 37
- ☐ Divide dough into 3 equal portions, shaping each into a 20-inch rope. Pinch ends together at one end to seal. Braid ropes on a lightly floured surface; pinch loose ends to seal.
- ☐ Place braid on a baking sheet coated with cooking spray. (The braid should be about 15 inches long.) Cover and let rise 30 minutes or until doubled in size.
- ☐ Combine egg white and water; brush over top of loaf.
- ☐ Sprinkle 1 tablespoon coarse-grain sugar over loaf.
- ☐ Bake at 375 for 25 minutes or until golden and loaf sounds hollow when tapped.
- ☐ Remove from oven; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:11.26, Glycemic Load:14.76, Inflammation Score:-2, Nutrition Score:3.9160869568586%

Nutrients (% of daily need)

Calories: 113.73kcal (5.69%), Fat: 1.65g (2.54%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 20.72g (7.54%), Sugar: 5.42g (6.02%), Cholesterol: 11.31mg (3.77%), Sodium: 68.03mg (2.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Vitamin B1: 0.2mg (13.47%), Selenium: 8.37µg (11.96%), Folate: 46.74µg (11.68%), Vitamin B2: 0.16mg (9.19%), Manganese: 0.16mg (7.88%), Vitamin B3: 1.37mg (6.83%), Iron: 1.03mg (5.7%), Phosphorus: 41.17mg (4.12%), Fiber: 0.71g (2.82%), Vitamin B5: 0.21mg (2.15%), Calcium: 21.41mg (2.14%), Zinc: 0.27mg (1.77%), Copper: 0.04mg (1.75%), Magnesium: 6.79mg (1.7%), Vitamin B12: 0.09µg (1.52%), Potassium: 50.2mg (1.43%), Vitamin B6: 0.02mg (1.16%), Vitamin A: 54.03IU (1.08%)