

# Sugarplum Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



390 kcal

BREAD

## Ingredients

- 0.5 ounce active yeast dry
- 0.5 cup butter melted
- 0.5 cup fruit jell-o® mix mixed
- 1 cup cherries
- 1 cup confectioners' sugar
- 4 eggs
- 6 cups flour all-purpose
- 1 teaspoon lemon zest

- 0.8 cup pinenuts
- 1 cup raisins
- 2 teaspoons salt
- 1 cup warm water (110 degrees F/45 degrees C)
- 1.5 tablespoons water
- 0.5 cup sugar white

## Equipment

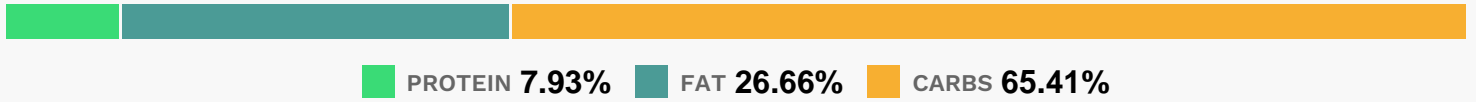
- bowl
- oven
- blender
- hand mixer
- cake form
- kitchen towels

## Directions

- Dissolve 1 teaspoon sugar in 1 cup warm water in large mixer bowl.
- Sprinkle in yeast.
- Let stand 10 minutes, then stir well.
- Add 1/2 cup sugar, melted butter or margarine, salt, lemon rind, and 2 cups flour. Beat for 2 minutes at medium speed with electric mixer.
- Add 2 cups more flour and eggs; beat 3 minutes. Stir in almost all remaining flour, using enough flour to make a soft dough.
- Knead dough on floured board until smooth and elastic, about 8 minutes.
- Place in lightly greased bowl. Cover with greased waxed paper and a tea towel.
- Let rise in warm place 75 – 85 degrees F (25 – 30 degrees C) until doubled in volume, about 2 hours.
- Punch down dough. Turn out onto a lightly floured board, and knead in raisins, candied fruit, and nuts. Shape into two round loaves.
- Place each in a well greased, 9 inch, round cake pan. Cover with tea towel.

- Let rise in warm place until doubled, 1 – 1 1/2 hours.
- Bake at 350 degrees F ( 175 degrees C) for 45 to 55 minutes.
- Remove from pans immediately. Cool on wire racks.
- Mix together confectioners sugar, 1 1/2 tablespoons water, and 1/2 teaspoon vanilla. Spoon onto loaves. Decorate with cherries or almonds. Alternatively, dust loaves with confectioners sugar.

## Nutrition Facts



### Properties

Glycemic Index:17.24, Glycemic Load:34.33, Inflammation Score:-5, Nutrition Score:12.150000110916%

### Flavonoids

Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

### Nutrients (% of daily need)

Calories: 390.49kcal (19.52%), Fat: 11.74g (18.06%), Saturated Fat: 4.4g (27.51%), Carbohydrates: 64.81g (21.6%), Net Carbohydrates: 61.94g (22.52%), Sugar: 18.62g (20.69%), Cholesterol: 56.17mg (18.72%), Sodium: 361.29mg (15.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.71%), Manganese: 0.91mg (45.7%), Vitamin B1: 0.51mg (33.72%), Folate: 114.68µg (28.67%), Selenium: 19.59µg (27.99%), Vitamin B2: 0.36mg (20.95%), Iron: 3.19mg (17.7%), Vitamin B3: 3.53mg (17.64%), Phosphorus: 124.76mg (12.48%), Fiber: 2.87g (11.47%), Copper: 0.2mg (9.96%), Magnesium: 31.99mg (8%), Zinc: 0.98mg (6.54%), Vitamin E: 0.9mg (6.03%), Potassium: 207.73mg (5.94%), Vitamin B5: 0.54mg (5.43%), Vitamin A: 249.71IU (4.99%), Vitamin K: 4.27µg (4.06%), Vitamin B6: 0.08mg (4.01%), Calcium: 30.63mg (3.06%), Vitamin B12: 0.11µg (1.84%), Vitamin C: 1.49mg (1.8%), Vitamin D: 0.22µg (1.47%)