

Swedish Lucia Breads

Vegetarian

READY IN

W
45 min.

SERVINGS

22

calories ô

ANTIPASTI

STARTER

SNACK

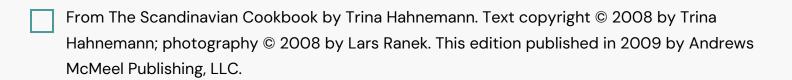
APPETIZER

Ingredients

1 cup butter mel	ted
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- 1 eggs beaten
- 2 pounds flour all-purpose
- 44 raisins
- 0.1 ounce saffron threads
- 1 teaspoon salt
- 0.5 cup caster sugar
- 2 cups water lukewarm

	1.5 ounces yeast
Equipment	
	bowl
	baking sheet
	baking paper
	oven
	mixing bowl
	wire rack
	kitchen towels
Di	rections
	Dissolve the yeast in the warm milk in a mixing bowl, then add the saffron and keep stirring until the mixture turns yellow.
	Add the melted butter. In a separate mixing bowl, sift together the flour and salt, then stir in the sugar and raisins.
	Pour the yeast mixture into the dry ingredients and stir until the dough comes cleanly from the edge of the bowl. Knead the dough on a floured counter for 10 minutes, until it is shiny but not sticky.
	Put the dough back in the bowl and let rise for 11/2 hours at room temperature.
	Lightly knead the dough again on a floured counter. Divide into 22 equal pieces.
	Roll them into sausages then curl the ends so that each piece is shaped like the number eight. Put one raisin in the middle of each circle.
	Place the breads on baking sheets lined with parchment paper, cover with dish towels, and let rise again for 30 minutes.
	Preheat the oven to 350°F.
	Brush the risen breads with beaten egg.
	Bake for 20 to 25 minutes, or until golden brown all over.
	Let cool on a wire rack. Eat them as they are, or spread with cold butter.



Nutrition Facts

PROTEIN 8.52% FAT 32.29% CARBS 59.19%

Properties

Glycemic Index:14.72, Glycemic Load:26.43, Inflammation Score:-5, Nutrition Score:8.387391316502%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg

Nutrients (% of daily need)

Calories: 254.18kcal (12.71%), Fat: 9.14g (14.06%), Saturated Fat: 5.45g (34.09%), Carbohydrates: 37.7g (12.57%), Net Carbohydrates: 35.99g (13.09%), Sugar: 4.66g (5.18%), Cholesterol: 29.62mg (9.87%), Sodium: 178.34mg (7.75%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 5.42g (10.85%), Vitamin B1: 0.54mg (35.93%), Folate: 122.12µg (30.53%), Selenium: 14.89µg (21.27%), Vitamin B2: 0.3mg (17.46%), Manganese: 0.34mg (16.84%), Vitamin B3: 3.23mg (16.15%), Iron: 2.04mg (11.33%), Fiber: 1.71g (6.83%), Phosphorus: 64.44mg (6.44%), Vitamin A: 269.51lU (5.39%), Vitamin B5: 0.48mg (4.84%), Copper: 0.08mg (3.83%), Zinc: 0.48mg (3.22%), Magnesium: 11.51mg (2.88%), Vitamin B6: 0.05mg (2.72%), Potassium: 78.96mg (2.26%), Vitamin E: 0.29mg (1.9%), Calcium: 11.58mg (1.16%)