



Swedish Lucia Breads

 Vegetarian

READY IN



45 min.

SERVINGS



22

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter melted
- ☐ 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

Directions

☐ 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 1 1/2 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.

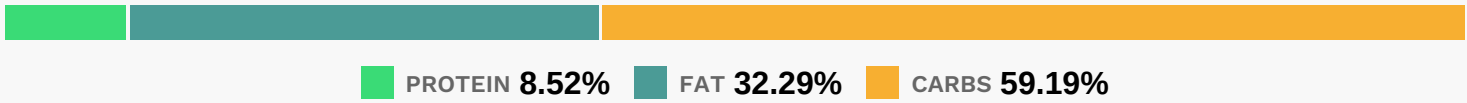
☐ Brush the risen breads with beaten egg.

☐ 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.

From The Scandinavian Cookbook by Trina Hahnemann. Text copyright © 2008 by Trina Hahnemann; photography © 2008 by Lars Ranek. This edition published in 2009 by Andrews McMeel Publishing, LLC.

Nutrition Facts



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 %: 0% (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: 269.51IU (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%)