

Sweet Challah

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



176 kcal

Ingredients

- 14.3 ounces bread flour divided
- 3 tablespoons butter cooled melted
- 1 teaspoon cornmeal
- 2.3 teaspoons yeast dry
- 1 large eggs
- 1 large egg yolk lightly beaten
- 3 tablespoons honey
- 0.3 teaspoon poppy seeds
- 1 Dash saffron threads crushed

- 1 teaspoon salt
- 1 cup warm water (100° to 110°)
- 1 teaspoon water

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- wire rack
- measuring cup

Directions

- Dissolve yeast in 1 cup warm water in a large bowl; stir in honey and saffron threads.
- Let stand for 5 minutes.
- Add melted butter, 1 teaspoon salt, and egg; stir well with a whisk.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Add 2 3/4 cups flour to yeast mixture, and stir until a soft dough forms. Cover and let stand for 15 minutes.
- Turn dough out onto a lightly 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 be very soft).
- 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, 40 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.)
- Punch dough down. Shape dough into a ball; return to bowl. Cover and let rise an additional 40 minutes or until doubled in size. Punch dough down; cover and let rest 15 minutes.
- Divide dough into 3 equal portions. Working with 1 portion at a time (cover remaining dough to prevent drying), on a lightly floured surface, roll each portion into a 25-inch rope with slightly tapered ends.

- Place ropes lengthwise on a large baking sheet sprinkled with cornmeal; pinch ends together at untapered ends to seal. Braid ropes; pinch loose ends to seal. Cover and let rise 20 minutes or until almost doubled in size.
- Preheat oven to 37
- Combine 1 teaspoon water and large egg yolk, stirring with a fork until blended. Uncover loaf, and gently brush with egg yolk mixture.
- Sprinkle evenly with 1/4 teaspoon poppy seeds.
- Bake at 375 for 30 minutes or until loaf sounds hollow when tapped. Cool on a wire rack.

Nutrition Facts

PROTEIN 11.61% **FAT 21.79%** **CARBS 66.6%**

Properties

Glycemic Index:26.06, Glycemic Load:18.18, Inflammation Score:-2, Nutrition Score:4.1282608959338%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg

Nutrients (% of daily need)

Calories: 176.23kcal (8.81%), Fat: 4.25g (6.54%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 29.26g (9.75%), Net Carbohydrates: 28.25g (10.27%), Sugar: 4.44g (4.94%), Cholesterol: 38.33mg (12.77%), Sodium: 225.23mg (9.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.2%), Selenium: 15.58µg (22.26%), Manganese: 0.3mg (15.2%), Folate: 29.18µg (7.3%), Vitamin B1: 0.1mg (6.44%), Phosphorus: 52.32mg (5.23%), Vitamin B2: 0.07mg (4.33%), Fiber: 1.01g (4.03%), Copper: 0.07mg (3.74%), Vitamin B5: 0.34mg (3.41%), Zinc: 0.45mg (2.98%), Vitamin B3: 0.59mg (2.94%), Vitamin A: 131.51IU (2.63%), Iron: 0.47mg (2.62%), Magnesium: 10.3mg (2.57%), Vitamin E: 0.3mg (1.99%), Vitamin B6: 0.04mg (1.83%), Potassium: 52.56mg (1.5%), Calcium: 12.27mg (1.23%), Vitamin B12: 0.07µg (1.18%), Vitamin D: 0.16µg (1.07%)