



Swiss Christmas Bread

READY IN



45 min.

SERVINGS



8

CALORIES



454 kcal

BREAD

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 1 tablespoon butter melted
- ☐ 0.5 cup candied cherries halved
- ☐ 0.3 cup candied citron peel
- ☐ 1 eggs
- ☐ 4.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon mace
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 0.3 cup butter
- ☐ 1 cup milk
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon salt
- ☐ 0.3 cup walnuts chopped
- ☐ 0.5 cup water
- ☐ 1 teaspoon sugar white

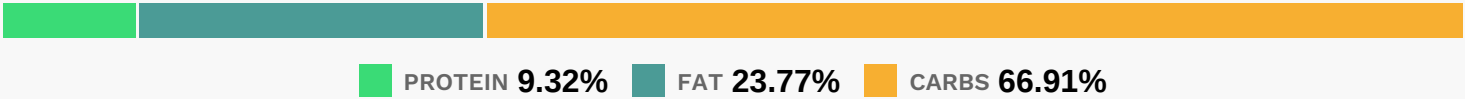
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ In a saucepan, heat milk, water, and butter or margarine until warm.
- ☐ In large mixing bowl, combine 2 cups flour, yeast, 1/4 cup sugar, salt, nutmeg, mace, and cloves; mix well. Stir in warm milk mixture and egg. Blend with an electric mixer at low speed until moistened; beat 3 minutes at medium speed. By hand, stir in raisins, cherries, citron, nuts, and enough remaining flour to make a firm dough.
- ☐ Knead dough on a lightly floured surface until smooth and elastic, 5 to 8 minutes.
- ☐ Place in a greased bowl, turning to grease top. Cover.
- ☐ Let rise in warm place until doubled, about 1 hour.
- ☐ Punch dough down. Shape into a round loaf, and place in a greased 2 quart casserole. Cover, and let rise in warm place until doubled, about 1 hour.
- ☐ Brush top of loaf with melted butter, and sprinkle lightly with 1 teaspoon sugar.
- ☐ Bake at 375 degrees F (190 degrees C) for 40 to 45 minutes, until deep golden brown. If too dark, cover loosely with foil last 5 to 10 minutes of baking. Cool.

Nutrition Facts



Properties

Glycemic Index:47.74, Glycemic Load:43.6, Inflammation Score:-6, Nutrition Score:14.978695706181%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 453.53kcal (22.68%), Fat: 12.02g (18.49%), Saturated Fat: 3.24g (20.24%), Carbohydrates: 76.09g (25.36%), Net Carbohydrates: 72.61g (26.4%), Sugar: 11.03g (12.26%), Cholesterol: 27.88mg (9.29%), Sodium: 398.78mg (17.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.21%), Vitamin B1: 0.79mg (52.7%), Folate: 176.9µg (44.23%), Selenium: 26.54µg (37.91%), Manganese: 0.69mg (34.29%), Vitamin B2: 0.51mg (30.09%), Vitamin B3: 5.05mg (25.24%), Iron: 3.78mg (20.99%), Phosphorus: 151.12mg (15.11%), Fiber: 3.48g (13.92%), Copper: 0.21mg (10.37%), Vitamin B5: 0.78mg (7.78%), Magnesium: 30.43mg (7.61%), Vitamin A: 379.44IU (7.59%), Potassium: 244.13mg (6.98%), Zinc: 0.97mg (6.48%), Calcium: 62.75mg (6.28%), Vitamin B6: 0.12mg (6.17%), Vitamin B12: 0.22µg (3.75%), Vitamin D: 0.45µg (2.97%), Vitamin E: 0.41mg (2.72%)