



## Three Kings Bread: Rosca de Reyes

 Vegetarian

READY IN



135 min.

SERVINGS



8

CALORIES



363 kcal

BREAD

### Ingredients

- 0.3 ounce active yeast dry
- 0.3 cup candied cherries whole plus more for garnish chopped
- 0.3 cup candied orange peel plus more for garnish cut into strips,
- 0.3 cup figs dried plus more for garnish cut into strips,
- 3 large eggs divided
- 3.5 cups flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.3 cup candied lemon peel plus more for garnish cut into strips,

- 2 tablespoons rum light
- 0.3 cup milk
- 1 teaspoon salt
- 0.3 cup sugar
- 0.3 cup butter unsalted ()
- 1 teaspoon vanilla extract pure
- 0.3 cup warm water
- 8 servings water

## Equipment

- bowl
- oven
- wire rack
- pot
- plastic wrap
- baking pan
- aluminum foil
- kitchen towels

## Directions

- Watch how to make this recipe.
- In a small bowl, combine the yeast and warm water; stir to blend.
- Let stand until the yeast comes alive and starts to foam, about 5 to 10 minutes.
- Put all of the candied fruit in small bowl and drizzle the rum on top.
- Let stand for 15 minutes to 1 hour to infuse the flavor.
- In a small pot, warm the milk over medium heat.
- Add the sugar, butter, vanilla, cinnamon, and salt.
- In a large bowl, mix 3 1/2 cups flour, 2 eggs, yeast mixture, milk mixture, and the rum soaked candied fruits, mixing very well until the dough gathers into a ball. If the dough is too wet,

- Add additional flour, a little at a time, if needed to form a soft dough. Turn the dough out onto a lightly floured surface and knead until it's smooth and elastic, about 5 minutes.
- Put the ball of dough back into the bowl and cover with plastic wrap or a kitchen towel and set aside in a warm spot to rise for 1 hour.
- Remove the dough from the bowl and knead on a lightly floured surface. Using your palms, roll the dough into a long rope. Shape the coil into a ring, sealing the ends together. Insert a little doll or coin into the bread from the bottom, if desired. Line a baking pan with aluminum foil and coat with nonstick cooking spray. Carefully transfer the dough ring to the prepared baking pan.
- Preheat the oven to 350 degrees F.
- Beat the remaining egg in a small bowl with 1 tablespoon of water to make an egg wash, and brush the top of the bread. Decoratively garnish the top of the bread with more candied fruit and bake for 35 to 40 minutes until the cake is golden.
- Cool on a wire rack before slicing.

## Nutrition Facts



■ PROTEIN **10.1%**
■ FAT **21.61%**
■ CARBS **68.29%**

## Properties

Glycemic Index:29.26, Glycemic Load:35.47, Inflammation Score:-5, Nutrition Score:11.676086949266%

## Nutrients (% of daily need)

Calories: 363.08kcal (18.15%), Fat: 8.48g (13.04%), Saturated Fat: 4.47g (27.97%), Carbohydrates: 60.27g (20.09%),  
 Net Carbohydrates: 57.63g (20.96%), Sugar: 15.5g (17.22%), Cholesterol: 85.92mg (28.64%), Sodium: 340.12mg  
 (14.79%), Alcohol: 1.42g (100%), Alcohol %: 0.5% (100%), Protein: 8.91g (17.83%), Vitamin B1: 0.54mg (36.33%),  
 Selenium: 24.7µg (35.28%), Folate: 130.65µg (32.66%), Vitamin B2: 0.41mg (24.25%), Manganese: 0.42mg (21.21%),  
 Vitamin B3: 3.65mg (18.27%), Iron: 3.03mg (16.81%), Phosphorus: 115.17mg (11.52%), Fiber: 2.65g (10.58%), Copper:  
 0.16mg (7.79%), Vitamin B5: 0.71mg (7.13%), Vitamin A: 293.92IU (5.88%), Magnesium: 22.17mg (5.54%), Zinc: 0.8mg  
 (5.35%), Calcium: 50.7mg (5.07%), Vitamin C: 3.93mg (4.76%), Vitamin B6: 0.08mg (4.22%), Potassium: 146.35mg  
 (4.18%), Vitamin D: 0.57µg (3.77%), Vitamin B12: 0.22µg (3.68%), Vitamin E: 0.43mg (2.84%), Vitamin K: 1.5µg  
 (1.43%)