



Tsoureki (Greek Easter Bread)



Vegetarian



Popular

READY IN



240 min.

SERVINGS



16

CALORIES



271 kcal

Ingredients

- ☐ 1.5 tablespoons active yeast dry
- ☐ 6 cups all purpose flour
- ☐ 0.5 cup butter melted
- ☐ 1 eggs lightly beaten
- ☐ 3 eggs lightly beaten
- ☐ 0.5 cup milk
- ☐ 1 cup orange juice
- ☐ 2 tablespoons orange zest
- ☐ 0.5 teaspoon salt

☐ 0.5 cup sugar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mix the yeast into the milk, along with the sugar, salt and flour and let sit for 10 minutes.
- ☐ Mix the water, butter, eggs, sugar, mahlep, mastic and orange zest into the yeast mixture.
- ☐ Mix the flour into the yeast mixture until it forms a dough.Knead the dough.
- ☐ Place the dough in a greased bowl, cover and let rise to double its original size, about 2 hours.Punch the dough down, cut it into 6 parts and form 2 braids.
- ☐ Place the braid on a grease baking sheet and let rise to double its original size, about 1 hour.
- ☐ Brush with the egg wash.
- ☐ Bake in a preheated 350F oven until golden brown, about 20–30 minutes.

Nutrition Facts



Properties

Glycemic Index:17.82, Glycemic Load:31.2, Inflammation Score:-5, Nutrition Score:8.8847825449446%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 270.84kcal (13.54%), Fat: 7.32g (11.26%), Saturated Fat: 4.13g (25.79%), Carbohydrates: 44.37g (14.79%), Net Carbohydrates: 42.89g (15.6%), Sugar: 8.07g (8.96%), Cholesterol: 46.86mg (15.62%), Sodium: 134.33mg (5.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.93%), Vitamin B1: 0.43mg (28.8%), Selenium:

18.73µg (26.76%), Folate: 103.52µg (25.88%), Vitamin B2: 0.3mg (17.87%), Manganese: 0.33mg (16.3%), Vitamin B3: 3mg (15.02%), Iron: 2.37mg (13.16%), Vitamin C: 8.77mg (10.63%), Phosphorus: 81.54mg (8.15%), Fiber: 1.48g (5.91%), Vitamin A: 268.33IU (5.37%), Vitamin B5: 0.45mg (4.52%), Copper: 0.08mg (4.17%), Magnesium: 14.45mg (3.61%), Zinc: 0.51mg (3.42%), Potassium: 110.99mg (3.17%), Vitamin B6: 0.05mg (2.63%), Calcium: 25.9mg (2.59%), Vitamin B12: 0.13µg (2.12%), Vitamin E: 0.29mg (1.94%), Vitamin D: 0.25µg (1.66%)