



Turtle Bread

 Popular

READY IN



70 min.

SERVINGS



16

CALORIES



89 kcal

Ingredients

- 2.5 cups flour all-purpose
- 1 package yeast dry quick
- 1 tablespoon sugar
- 1 teaspoon salt
- 0.5 cup water
- 0.3 cup milk
- 1 tablespoon butter
- 1 eggs
- 2 raisins

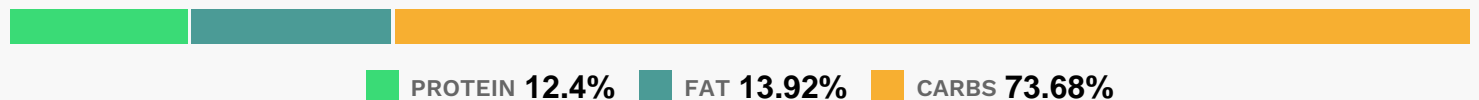
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- In large bowl, mix 1 1/2 cups of the flour, the yeast, sugar and salt; set aside.
- In 1-quart saucepan, heat water, milk and butter over medium heat, stirring occasionally, to 125°F to 130°F; stir into yeast mixture. Stir in egg. Stir in enough remaining flour to make dough easy to handle. On lightly floured surface, knead dough about 5 minutes or until smooth and springy. Cover and let rest 10 minutes.
- Lightly grease cookie sheet with shortening or spray with cooking spray. Shape a 2-inch piece of dough into a ball for turtle's head. Shape 4 walnut-size pieces of dough into balls for feet. Shape 1 walnut-size piece of dough into tail. Shape remaining dough into ball for turtle body; place on cookie sheet and flatten slightly. Attach head, feet and tail by placing 1 end of each under edge of body to secure. Press raisins into head for eyes. Cover and let rise in warm place 20 minutes.
- Heat oven to 400°F. Make 1/4-inch-deep circular cut around top edge of body, then make crisscross cuts in center to look like a turtle's shell.
- Bake 20 to 25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:15.12, Glycemic Load:11.42, Inflammation Score:-2, Nutrition Score:3.5886955958508%

Nutrients (% of daily need)

Calories: 88.86kcal (4.44%), Fat: 1.36g (2.09%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 15.5g (5.64%), Sugar: 1.06g (1.17%), Cholesterol: 10.84mg (3.61%), Sodium: 160.44mg (6.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.43%), Vitamin B1: 0.21mg (13.7%), Folate: 47.28µg

(11.82%), Selenium: 7.6µg (10.86%), Vitamin B2: 0.13mg (7.89%), Manganese: 0.14mg (6.81%), Vitamin B3: 1.34mg (6.69%), Iron: 0.97mg (5.37%), Phosphorus: 34.71mg (3.47%), Fiber: 0.65g (2.6%), Vitamin B5: 0.21mg (2.06%), Copper: 0.03mg (1.68%), Zinc: 0.23mg (1.53%), Magnesium: 5.6mg (1.4%), Vitamin B6: 0.02mg (1.16%), Calcium: 11.45mg (1.15%), Vitamin A: 54.38IU (1.09%), Potassium: 37.42mg (1.07%)