

Barmbrack (Irish Fruited Halloween Bread)

Yield: 10 min
Total Time: 155 min

Recipe from: <https://www.recipeschoose.com/recipes/halloween-irish-potato-pudding-recipe>

Ingredients:

- 3/4 cup milk warmed to 80F
- 2 tablespoons salted butter melted
- 2 teaspoons active dry yeast
- 3 tablespoons sugar
- 1 egg at room temperature, beaten
- 3 cups unbleached all purpose flour
- 2 teaspoons canela
- 1/2 teaspoon nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 1 cup mixed dried fruit raisins, craisins, golden raisins, etc
- 1 egg white beaten with 1 Tbsp water, for egg wash

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 30 milligrams
4. Fat: 3.5 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 2 grams
8. Sodium: 105 milligrams
9. Sugar: 18 grams

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