

# Pan de Muertos (Mexican Bread of the Dead)

Yield: 15 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-cemita-anise-seed-sweet-bread-recipe>

## Ingredients:

- 1/4 cup margarine
- 1/4 cup milk
- 1/4 cup warm water 110 degrees F/45 degrees C
- 3 cups all purpose flour
- 1 1/4 teaspoons active dry yeast
- 1/2 teaspoon salt
- 2 teaspoons anise seed
- 1/4 cup white sugar
- 2 eggs beaten
- 2 teaspoons orange zest
- 1/4 cup white sugar
- 1/4 cup orange juice
- 1 tablespoon orange zest
- 2 tablespoons white sugar

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 30 milligrams
4. Fat: 4 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 1 grams
8. Sodium: 115 milligrams
9. Sugar: 9 grams
10. TransFat: 0.5 grams

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