



Apple Cinnamon Brioche Pull-Aparts



Vegetarian



Popular

READY IN



45 min.

SERVINGS



14

CALORIES



154 kcal

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 1 tablespoon all purpose flour
- ☐ 2 tablespoons buttermilk
- ☐ 1 cup confectioners' sugar
- ☐ 1 large eggs
- ☐ 2 large eggs
- ☐ 3 medium baking apples like granny smith
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 0.5 cup brown sugar light
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons butter unsalted cut into 1-in pieces room temperature
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water lukewarm (80 degrees F)
- ☐ 0.8 cup milk whole lukewarm (80 degrees F)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ cake form
- ☐ stand mixer

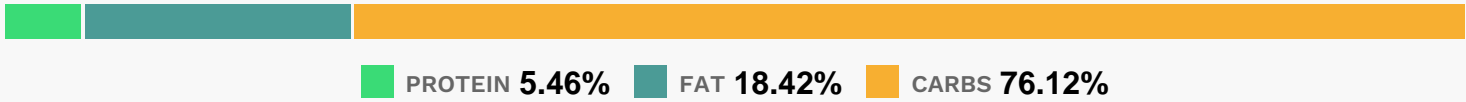
Directions

- ☐ For the brioche:Oil inside of a medium bowl with canola or vegetable oil. Set aside.
- ☐ Combine water with 2 teaspoons of the sugar in bowl of a stand mixer.
- ☐ Sprinkle yeast over the surface of the water.
- ☐ Mix until yeast is dissolved, then let mixture stand for about 5 minutes until yeast has developed.
- ☐ Add milk, vanilla, eggs, flour, and salt.
- ☐ Combine mixture with dough hook on low speed for about 3 minutes until dough has come together. Increase speed to medium and continue mixing.
- ☐ Add butter, a couple pieces at a time, letting them combine into the dough.

- ☐ Add the remaining sugar and mix for another 4 minutes. Check the dough: if you can stretch it out for about 3 inches without it breaking, it's ready. If it tears, mix a couple more minutes.
- ☐ Transfer dough to lightly floured board and form into a ball.
- ☐ Place into prepared bowl, cover with plastic wrap, and let proof for about 2 1/2 to 3 hours until it has doubled in size. You can now use the dough, or refrigerate overnight and bring back to room temperature to use. For the apples: Peel, core, and cut apples in 1/2 inch cubes. Melt butter in a sauté pan over medium heat.
- ☐ Add the apples and sauté for about 8 minutes until the apples are semi-soft.
- ☐ Add sugar, flour, cinnamon, and nutmeg to the apples and stir to combine. Cook until mixture begins to bubble, then turn heat to low and cook for another 3 minutes, stirring constantly.
- ☐ Combine sugars, cinnamon, and vanilla in a medium bowl and set aside. For the pull-aparts: Line bottoms of two 9-in cake pans with 10-in rounds of parchment paper, creasing paper so it fits up the sides.
- ☐ Cut four 2"x15" long strips of parchment and place along the sides of the pans (2 per pan), to protect the side of the pans.
- ☐ Place brioche dough on a lightly floured work surface.
- ☐ Roll out dough into a 7"x16" rectangle, with the long side towards you.
- ☐ Spread apple filling evenly over the dough.
- ☐ Sprinkle the cinnamon sugar mixture over the apples, reserving about 1/4 cup for garnish.
- ☐ Roll up the dough from the far side. It will stretch as you roll, so the final length of the roll should be about 24". When log is finished, let it rest seam side down for a few minutes. Use a sharp knife to cut roll into two 12-in logs.
- ☐ Cut each log into seven 1 1/2-in pieces. Arrange 6 pieces in a circle in each prepared cake pan, and place the seventh piece in the center.
- ☐ Mix egg with a little water to make an egg wash and brush lightly over the tops of the rolls.
- ☐ Sprinkle the reserved cinnamon sugar over the rolls.
- ☐ Let pans of dough rise for about 1 1/2 hours until the rolls have risen to the top of the pans. Preheat oven to 325 degrees F.
- ☐ Bake rolls for 25–30 minutes until they are golden brown.
- ☐ Let cool for about 10 minutes, then unmold from pan and remove parchment pieces so they don't get stuck. For the glaze: Sift confectioners' sugar into a bowl.
- ☐ Add vanilla and buttermilk and whisk until smooth.

- ☐ Drizzle glaze over the tops of the rolls.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:22.94, Glycemic Load:6.98, Inflammation Score:-2, Nutrition Score:2.8473913151285%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 153.88kcal (7.69%), Fat: 3.26g (5.01%), Saturated Fat: 1.67g (10.42%), Carbohydrates: 30.3g (10.1%), Net Carbohydrates: 29.14g (10.6%), Sugar: 27.99g (31.1%), Cholesterol: 45.96mg (15.32%), Sodium: 192.02mg (8.35%), Alcohol: 0.05g (100%), Alcohol %: 0.06% (100%), Protein: 2.17g (4.35%), Vitamin B2: 0.1mg (5.92%), Selenium: 4.04µg (5.77%), Fiber: 1.16g (4.63%), Phosphorus: 44.21mg (4.42%), Vitamin B1: 0.06mg (4.02%), Folate: 15.26µg (3.81%), Calcium: 36.65mg (3.66%), Manganese: 0.07mg (3.32%), Vitamin A: 154.26IU (3.09%), Vitamin B5: 0.31mg (3.06%), Vitamin B12: 0.18µg (2.99%), Vitamin D: 0.42µg (2.77%), Potassium: 95.25mg (2.72%), Vitamin B6: 0.05mg (2.59%), Vitamin C: 1.8mg (2.19%), Iron: 0.35mg (1.95%), Zinc: 0.26mg (1.71%), Vitamin E: 0.24mg (1.62%), Magnesium: 6.29mg (1.57%), Copper: 0.03mg (1.4%), Vitamin B3: 0.24mg (1.19%), Vitamin K: 1.15µg (1.09%)