



Apple Cinnamon Pull Apart Bread

 Vegetarian

READY IN



210 min.

SERVINGS



8

CALORIES



554 kcal

Ingredients

- 2 cups milk
- 0.5 cup vegetable oil
- 1 cup brown sugar packed
- 1 package yeast dry
- 4.5 cups flour all-purpose
- 2 teaspoons salt
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 3 tablespoons butter melted

- 3 tablespoons ground cinnamon
- 2 medium apples i use 2 granny smith apples thinly sliced
- 1 cup powdered sugar
- 1 teaspoon vanilla
- 1 tablespoons milk

Equipment

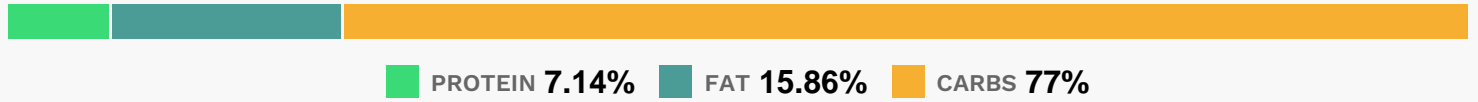
- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- loaf pan

Directions

- In 3-quart saucepan, stir together milk, oil and 1/2 cup of the brown sugar.
- Heat to simmering over medium heat, stirring occasionally, until sugar is dissolved.
- Remove from heat; cool until warm (between 90°F and 110°F).
- Add yeast and 2 cups of the flour; stir until blended. Cover; let rise in warm place 1 hour or until doubled in size. Stir in remaining 2 1/2 cups flour, the salt, baking powder and baking soda.
- Heat oven to 350°F. Spray 8x4- or 9x5-inch loaf pan with cooking spray.
- On floured work surface, roll dough into 20x12-inch rectangle.
- Cut into 5 (4-inch strips), then cut crosswise 6 times, making 30 (4x2-inch) rectangles.
- In small bowl, stir together melted butter, cinnamon and remaining 1/2 cup brown sugar.
- Spread mixture over rectangles.
- Place 1 or 2 apple slices on each rectangle. Create 5 stacks of dough with 6 rectangles in each stack.

- Place stacks in loaf pan, edges facing toward bottom of pan and sugared sides facing center of loaf, not ends of pan.
- Bake 25 to 35 minutes or until puffed and golden brown. Cool 10 minutes; remove from pan to cooling rack. Cool about 1 hour.
- In a small bowl, mix glaze ingredients with wire whisk until smooth and thin enough to drizzle.
- Drizzle glaze over loaf.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:41.7, Inflammation Score:-6, Nutrition Score:16.047825916954%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 553.73kcal (27.69%), Fat: 9.87g (15.18%), Saturated Fat: 4.42g (27.65%), Carbohydrates: 107.73g (35.91%), Net Carbohydrates: 102.91g (37.42%), Sugar: 49.42g (54.91%), Cholesterol: 18.83mg (6.28%), Sodium: 744.57mg (32.37%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 9.99g (19.99%), Manganese: 1.05mg (52.28%), Vitamin B1: 0.69mg (46.14%), Folate: 151.12µg (37.78%), Selenium: 25.67µg (36.67%), Vitamin B2: 0.49mg (28.66%), Vitamin B3: 4.68mg (23.42%), Iron: 3.82mg (21.25%), Fiber: 4.82g (19.28%), Calcium: 160.28mg (16.03%), Phosphorus: 159.81mg (15.98%), Potassium: 278.56mg (7.96%), Magnesium: 30.28mg (7.57%), Vitamin B5: 0.74mg (7.41%), Vitamin K: 7.72µg (7.35%), Copper: 0.14mg (7.15%), Zinc: 0.91mg (6.06%), Vitamin B6: 0.12mg (5.87%), Vitamin B12: 0.35µg (5.82%), Vitamin A: 266.48IU (5.33%), Vitamin D: 0.69µg (4.61%), Vitamin E: 0.57mg (3.8%), Vitamin C: 2.21mg (2.68%)