



Apricot-Cream Cheese Braid

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



1550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup apricot preserves
- ☐ 0.3 cup butter
- ☐ 8 ounce carton cream light sour
- ☐ 4.5 teaspoons yeast dry
- ☐ 1 large eggs lightly beaten
- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoons milk fat-free
- ☐ 4 cups flour all-purpose

- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup granulated sugar
- ☐ 1.5 cups powdered sugar sifted
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup warm water (100° to 110°)
- ☐ 16 ounce blocks softened

Equipment

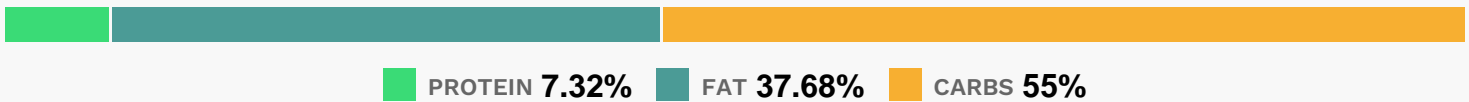
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup
- ☐ kitchen scissors

Directions

- ☐ To prepare dough, combine first 4 ingredients in a saucepan over medium heat, stirring until sugar dissolves.
- ☐ Remove from heat; cool. Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Stir in sour cream mixture and 2 eggs. Lightly spoon flour into dry measuring cups; level with a knife. Gradually stir flour into sour cream mixture (dough will be soft and sticky). Cover dough; chill 8 hours or overnight.
- ☐ To prepare filling, combine preserves and next 4 ingredients (preserves through 1 egg) in a medium bowl; beat with a mixer at medium speed until well blended.
- ☐ Divide dough into 4 equal portions. Turn each portion out onto a lightly floured surface; knead lightly 4 or 5 times.

- ☐ Roll each portion into a 12 x 8-inch rectangle.
- ☐ Spread one-fourth of filling over each portion, leaving a 1/2-inch border. Starting at a long side, carefully roll up each portion jelly roll fashion; pinch seam and ends to seal.
- ☐ Place 2 loaves on each of 2 baking sheets coated with cooking spray.
- ☐ Cut 4 (1/4-inch-deep) "X"s in top of each loaf with scissors. Cover and let rise in a warm place (85), free from drafts, 25 minutes or until doubled in size.
- ☐ Preheat oven to 37
- ☐ Place 1 baking sheet in oven (cover remaining loaves to keep from drying).
- ☐ Bake at 375 for 15 minutes or until lightly browned. Repeat procedure with remaining loaves. Cool loaves slightly.
- ☐ To prepare glaze, combine powdered sugar, milk, and 1 teaspoon vanilla, stirring with a whisk.
- ☐ Drizzle warm loaves with glaze.

Nutrition Facts



Properties

Glycemic Index:81.36, Glycemic Load:97.01, Inflammation Score:-9, Nutrition Score:32.982173795285%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 1549.92kcal (77.5%), Fat: 65.62g (100.96%), Saturated Fat: 37.78g (236.14%), Carbohydrates: 215.54g (71.85%), Net Carbohydrates: 211.11g (76.77%), Sugar: 103.93g (115.48%), Cholesterol: 314.77mg (104.92%), Sodium: 894.68mg (38.9%), Alcohol: 0.34g (100%), Alcohol %: 0.08% (100%), Protein: 28.7g (57.41%), Selenium: 67.3µg (96.14%), Vitamin B1: 1.44mg (95.68%), Folate: 345.83µg (86.46%), Vitamin B2: 1.3mg (76.43%), Vitamin A: 2480.27IU (49.61%), Manganese: 0.91mg (45.44%), Vitamin B3: 8.99mg (44.97%), Phosphorus: 406.94mg (40.69%), Iron: 6.94mg (38.57%), Calcium: 255.07mg (25.51%), Vitamin B5: 2.3mg (22.97%), Fiber: 4.43g (17.74%), Zinc: 2.57mg (17.16%), Potassium: 539.43mg (15.41%), Copper: 0.3mg (15.14%), Vitamin B12: 0.9µg (14.99%), Vitamin E: 2.1mg (14.03%), Magnesium: 53.04mg (13.26%), Vitamin B6: 0.26mg (12.96%), Vitamin D: 0.95µg (6.31%), Vitamin C: 3.99mg (4.84%), Vitamin K: 4.49µg (4.28%)