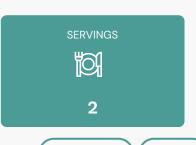
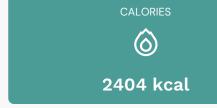


Apricot Tea Rings

Vegetarian







BEVERAGE

DRINK

Ingredients

- 4.3 cups flour all-purpose
- 0.3 cup sugar
- 0.5 ounce yeast dry
- 1 teaspoon salt
- 0.3 teaspoon nutmeg
- 1 cup milk 2%
- 0.3 cup water
- 0.3 cup butter cubed

	2 large eggs	
	12 ounces apricot dried diced	
	2 cups water	
	6 tablespoons brown sugar	
	4 teaspoons orange juice	
	0.5 cup pecans chopped	
	1 cup powdered sugar	
	2 tablespoons milk 2%	
Eq	uipment	
	bowl	
	baking sheet	
	sauce pan	
	oven	
	kitchen scissors	
Directions		
	In a large bowl, combine the flour, sugar, yeast, salt and nutmeg. In a small saucepan, heat the milk, water and butter to 120°-130°.	
	Add to dry ingredients; beat until moistened. Beat in eggs until smooth. Cover and refrigerate overnight.	
	In a large saucepan, combine apricots and water. Cook over medium heat for 30 minutes or until the water is absorbed and apricots are tender.	
	Remove from the heat; stir in the brown sugar, juice and nuts. Cool.	
	Punch dough down. Turn onto a lightly floured surface; divide in half.	
	Roll one portion into an 18x12-in. rectangle.	
	Spread half of filling over rectangle to within 1/2 in. of edges.	
	Roll up jelly-roll style, starting with a long side; pinch seam to seal.	
	Place seam side down on a greased baking sheet; pinch ends together to form a ring. Repeat for second ring. With scissors, cut each from outside edge two-thirds toward center of ring at	

Nutrition Facts
In a small bowl, combine confectioner's sugar and enough milk to achieve desired consistency; drizzle over warm tea rings.
Remove from pans to wire racks to cool.
Bake at 375° for 25-28 minutes or until golden brown.
piece. Cover; let rise in a warm place until doubled, about 1 hour.

PROTEIN 8.06% FAT 19.81% CARBS 72.13%

Properties

Glycemic Index:180.25, Glycemic Load:196.43, Inflammation Score:-10, Nutrition Score:62.336956604667%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.03mg, Naringenin: 0.03mg, Quercetin: 0.04mg, Quercetin: 0.04m

Nutrients (% of daily need)

Calories: 2403.65kcal (120.18%), Fat: 54.23g (83.43%), Saturated Fat: 20.09g (125.53%), Carbohydrates: 444.32g (148.11%), Net Carbohydrates: 420.13g (152.78%), Sugar: 219.36g (243.73%), Cholesterol: 257.65mg (85.88%), Sodium: 1529.66mg (66.51%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 49.65g (99.31%), Vitamin B1: 3.16mg (210.46%), Folate: 710.69µg (177.67%), Manganese: 3.53mg (176.55%), Selenium: 115.31µg (164.72%), Vitamin A: 7288.57IU (145.77%), Vitamin B2: 2.26mg (133.04%), Vitamin B3: 23.53mg (117.63%), Iron: 18.95mg (105.28%), Fiber: 24.19g (96.77%), Potassium: 2777.46mg (79.36%), Phosphorus: 760.8mg (76.08%), Copper: 1.44mg (72.14%), Vitamin E: 9.13mg (60.9%), Vitamin B5: 4.58mg (45.78%), Magnesium: 178.79mg (44.7%), Calcium: 390.44mg (39.04%), Zinc: 5.69mg (37.93%), Vitamin B6: 0.68mg (34.04%), Vitamin B12: 1.2µg (20.05%), Vitamin C: 9.3mg (11.27%), Vitamin K: 9.47µg (9.02%), Vitamin D: 1µg (6.67%)