



## Apricot Tea Rings

 Vegetarian

READY IN



70 min.

SERVINGS



2

CALORIES



2404 kcal

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%

## Equipment

- 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

1 in. intervals. Separate strips slightly: twist so filling shows, slightly overlapping with previous piece. Cover; let rise in a warm place until doubled, about 1 hour.

- Bake at 375&deg; for 25–28 minutes or until golden brown.
- Remove from pans to wire racks to cool.
- In a small bowl, combine confectioner's sugar and enough milk to achieve desired consistency; drizzle over warm tea rings.

## Nutrition Facts

 **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 Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 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 3–gallate: 0.63mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## 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: 0g (100%), Alcohol %: 0% (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%)