



## Babka I

READY IN



45 min.

SERVINGS



3

CALORIES



2390 kcal

DESSERT

## Ingredients

- 0.5 ounce yeast dry
- 1 cup blanched slivered almonds chopped
- 0.5 cup brown sugar packed
- 1.5 cups currants dried
- 4 egg yolk
- 5 eggs
- 1 cup flour all-purpose
- 1.5 cups golden raisins
- 1 teaspoon ground cinnamon

- 1 tablespoon lemon zest grated
- 1.3 cups butter softened
- 2 cups milk
- 3 tablespoons orange zest grated
- 1.5 cups raisins
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup water (110 degrees F/45 degrees C)
- 1 cup granulated sugar white

## Equipment

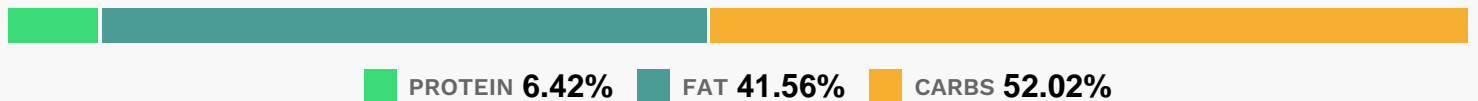
- bowl
- frying pan
- sauce pan
- oven
- mixing bowl
- wire rack
- plastic wrap
- hand mixer
- wooden spoon

## Directions

- Place yeast in a small bowl, and pour warm water over it. Stir with a spoon to break up the yeast. Set aside for 2 to 3 minutes.
- In a small saucepan, scald milk.
- Add 1 cup butter or margarine, and stir until melted.
- Remove from heat, and let cool until lukewarm.
- In a mixing bowl, beat 4 eggs and egg yolks with an electric mixer with a paddle attachment.
- Add sugar and salt, and continue to beat until mixture is thick and pale.

- Add vanilla, orange-flavored liqueur, zests, and yeast mixture.
- Combine. Beat in 4 cups flour gradually.
- Add milk mixture alternately with remaining 4 cups flour while beating on medium speed.
- Add up to an additional 1 cup flour if the dough is sticky.
- Mix in currants, raisins, golden raisins, and almonds.
- Transfer dough to a clean large bowl. Knead using a large wooden spoon until the dough pulls away and doesn't stick to the spoon, about 8 to 10 minutes.
- Transfer dough to a large buttered bowl, and turn to coat. Cover with plastic wrap.
- Place in a warm place until dough reaches the top of the bowl, about 1 to 2 hours. Punch the dough down, re-cover the bowl, and allow to rise again.
- Butter 3 angel food cake pans. In a small bowl, combine 1 cup flour, 4 tablespoons butter or margarine, brown sugar, and cinnamon to form crumb topping.
- Sprinkle evenly among the 3 pans.
- Preheat oven to 350 degrees F (175 degrees C).
- Punch the dough down again. Turn out onto a lightly floured surface. Knead for 1 minute.
- Cut into thirds, and transfer dough to prepared pans. Cover loosely with plastic wrap. Allow to rise to the top of pan. Beat remaining egg, and brush the top of the dough.
- Bake at 350 degrees F (175 degrees C) until golden brown and hollow sounding when tapped, about 30 to 45 minutes. Immediately turn out onto a cooling rack so bread does not stick to the pan. Cool.

## Nutrition Facts



## Properties

Glycemic Index:109.52, Glycemic Load:147.09, Inflammation Score:-10, Nutrition Score:58.135217480038%

## Flavonoids

Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

## Nutrients (% of daily need)

Calories: 2389.82kcal (119.49%), Fat: 115.48g (177.66%), Saturated Fat: 25.25g (157.8%), Carbohydrates: 325.18g (108.39%), Net Carbohydrates: 307.02g (111.64%), Sugar: 200.14g (222.38%), Cholesterol: 551.52mg (183.84%), Sodium: 1927.98mg (83.83%), Alcohol: 0.46g (100%), Alcohol %: 0.07% (100%), Protein: 40.11g (80.21%), Vitamin B2: 1.77mg (103.88%), Manganese: 1.9mg (95.1%), Vitamin A: 4472.09IU (89.44%), Phosphorus: 885.61mg (88.56%), Vitamin E: 13.18mg (87.86%), Vitamin B1: 1.3mg (86.57%), Selenium: 57.08µg (81.54%), Fiber: 18.16g (72.64%), Folate: 288.92µg (72.23%), Potassium: 2507.47mg (71.64%), Copper: 1.26mg (62.97%), Calcium: 567.12mg (56.71%), Iron: 10.11mg (56.14%), Magnesium: 219.49mg (54.87%), Vitamin B6: 1.06mg (53.05%), Vitamin B3: 8.79mg (43.96%), Vitamin B5: 3.71mg (37.15%), Vitamin B12: 2.1µg (34.95%), Zinc: 4.59mg (30.58%), Vitamin D: 4.55µg (30.35%), Vitamin C: 20.59mg (24.95%), Vitamin K: 6.14µg (5.85%)