

## Bee Sting Cake (Bienenstich) I

READY IN



90 min.

SERVINGS



16

CALORIES



372 kcal

DESSERT

### Ingredients

- 0.5 ounce yeast dry
- 0.6 cup almonds sliced
- 3 egg yolk
- 2 eggs room temperature
- 4 cups flour all-purpose
- 0.4 cup cup heavy whipping cream
- 0.4 cup honey
- 0.3 cup juice of lemon
- 0.7 cup brown sugar light packed

- 0.5 cup milk
- 2 cups pastry cream
- 0.5 teaspoon salt
- 0.5 cup cream sour room temperature
- 6 tablespoons butter unsalted
- 2 teaspoons vanilla extract
- 0.3 cup water
- 0.8 cup granulated sugar white

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- serrated knife

## Directions

- Combine the yeast, and the warm water; set aside to proof for 5 minutes.
- Cream 3/4 cup butter and sugar until light. Beat in the eggs and yolks one at a time.
- Add the vanilla, milk, sour cream, and yeast. Beat until smooth.
- Add the flour a little at a time to form a soft dough.
- Add all of the flour, and continue to beat until elastic, about 8 minutes.
- Place dough into an oiled bowl, cover and place in a warm spot until doubled in size, about 50 minutes. Can be placed in the refrigerator overnight instead.
- Beat down the dough, and divide into two pieces.
- Place each in a buttered 9 inch square pan.
- Brush the top of each with 1 tablespoon of the melted butter. Cover and let rise until doubled.
- For the glaze, place the brown sugar, 6 tablespoons butter, cream, and honey in a saucepan over medium heat. Bring to a boil, and stir until the sugar dissolves. Boil for 30 seconds.

- Remove from heat; add the lemon juice and almonds.
- Let cool slightly.
- Drizzle the warm glaze, not hot, over each of the cakes.
- Bake at 375 degrees F (190 degrees C) for 30 minutes, or until the nuts are golden. Cool on a rack.
- Split the cakes lengthwise using a serrated knife, and fill with the pastry cream. Sandwich cakes back together and serve.

## Nutrition Facts



### Properties

Glycemic Index:17.62, Glycemic Load:29.65, Inflammation Score:-5, Nutrition Score:10.256956528062%

### Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 371.95kcal (18.6%), Fat: 12.94g (19.91%), Saturated Fat: 6.25g (39.09%), Carbohydrates: 57.41g (19.14%), Net Carbohydrates: 55.85g (20.31%), Sugar: 27.69g (30.76%), Cholesterol: 97.63mg (32.54%), Sodium: 123.28mg (5.36%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 7.66g (15.32%), Vitamin B1: 0.39mg (25.86%), Selenium: 17.37µg (24.81%), Vitamin B2: 0.39mg (23.06%), Folate: 92.01µg (23%), Manganese: 0.32mg (15.98%), Phosphorus: 145.24mg (14.52%), Vitamin B3: 2.43mg (12.14%), Iron: 2.03mg (11.28%), Calcium: 101.25mg (10.12%), Vitamin E: 1.31mg (8.76%), Vitamin A: 413.11IU (8.26%), Vitamin B5: 0.8mg (8%), Magnesium: 26.97mg (6.74%), Vitamin D: 0.97µg (6.45%), Fiber: 1.56g (6.23%), Vitamin B12: 0.37µg (6.21%), Copper: 0.12mg (5.76%), Potassium: 200.65mg (5.73%), Zinc: 0.83mg (5.51%), Vitamin B6: 0.09mg (4.65%), Vitamin C: 1.65mg (2%)