

# Braided Date Coffee Cake

 Vegetarian

READY IN



60 min.

SERVINGS



30

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 0.5 ounce yeast dry
- 0.5 cup apricot preserves
- 3 tablespoons butter softened
- 1.5 cups powdered sugar
- 1 cup dates chopped
- 2 eggs
- 4 cups flour all-purpose
- 1 teaspoon juice of lemon

- 0.5 cup milk (110° to 115°)
- 0.5 cup pecans chopped
- 1.5 teaspoons salt
- 0.3 cup sugar
- 0.5 teaspoon vanilla extract
- 0.3 cup vegetable oil
- 0.5 cup water (110° to 115°)
- 2 tablespoons water boiling

## Equipment

- bowl
- baking sheet
- sauce pan
- oven

## Directions

- In a large bowl, dissolve yeast in warm water.
- Add the sugar, milk, oil, salt, eggs and 2 cups flour; beat on low speed 3 minutes. Stir in enough remaining flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, 6–8 minutes.
- Place in a greased bowl; turn once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Meanwhile, combine the dates, water, pecans, sugar and lemon juice in a saucepan. Cook and stir over medium heat until thickened, 7–8 minutes. Stir in preserves; let cool.
- Punch dough down. Turn on a lightly floured surface; divide into thirds.
- Roll each portion into a 15-in. x 6-in. rectangle.
- Place on greased baking sheets.
- Spread a third of filling down the center third of each rectangle.
- On each long side, cut 1-1/2-in.-wide strips 1-3/4 in. into center. Starting at one end, fold alternating strips at an angle across filling; seal ends. Cover and let rise until doubled, about

30 minutes.

- Bake at 375° for 15–20 minutes or until browned.
- Remove from pans to wire racks to cool.
- Combine icing ingredients; drizzle over braids.

## Nutrition Facts

 **PROTEIN 6.68%**  **FAT 26.88%**  **CARBS 66.44%**

## Properties

Glycemic Index:9.84, Glycemic Load:12.15, Inflammation Score:-2, Nutrition Score:4.2191304383071%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 160.83kcal (8.04%), Fat: 4.9g (7.54%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 26.1g (9.49%), Sugar: 12.69g (14.1%), Cholesterol: 14.41mg (4.8%), Sodium: 133.63mg (5.81%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Protein: 2.74g (5.48%), Vitamin B1: 0.2mg (13.39%), Folate: 44.38µg (11.1%), Manganese: 0.21mg (10.65%), Selenium: 7.02µg (10.03%), Vitamin B2: 0.13mg (7.57%), Vitamin B3: 1.27mg (6.33%), Iron: 0.96mg (5.31%), Fiber: 1.16g (4.62%), Phosphorus: 39.47mg (3.95%), Vitamin K: 3.71µg (3.53%), Copper: 0.07mg (3.28%), Vitamin B5: 0.24mg (2.44%), Magnesium: 9.32mg (2.33%), Potassium: 75.91mg (2.17%), Zinc: 0.31mg (2.07%), Vitamin B6: 0.03mg (1.74%), Vitamin E: 0.26mg (1.71%), Calcium: 13.91mg (1.39%), Vitamin A: 67.01IU (1.34%)