



Bread Machine Apricot-Cream Cheese Ring

 Gluten Free

READY IN



155 min.

SERVINGS



10

CALORIES



124 kcal

Ingredients

- 2 tablespoons almonds sliced
- 0.3 apricot preserves
- 1.8 teaspoons bread machine yeast
- 2 tablespoons butter softened
- 3 ounces cream cheese softened
- 1 eggs
- 1 eggs beaten
- 0.5 teaspoon salt
- 2 tablespoons sugar

- 0.3 cup water
- 1.5 tablespoons yukon gold potatoes for flour
- 2 cups yukon gold potatoes for flour

Equipment

- frying pan
- oven
- bread machine

Directions

- Measure carefully, placing all ingredients except cream cheese, 1 1/2 tablespoons flour, the preserves, beaten egg and almonds in bread machine pan in the order recommended by the manufacturer.
- Select Dough/Manual cycle. Do not use Delay cycle.
- Remove dough from pan, using lightly floured hands. Cover and let rest 10 minutes on lightly floured surface.
- Mix cream cheese and 1 1/2 tablespoons flour.
- Grease round pan, 9x1 1/2 inches.
- Roll dough into 15-inch circle.
- Place in pan, letting side of dough hang over edge of pan.
- Spread cream cheese mixture over dough in pan; spoon preserves over cream cheese. Make cuts along edge of dough at 1-inch intervals to about 1/2 inch above cream cheese. Twist pairs of dough strips and fold over cream cheese. Cover and let rise in warm place 40 to 50 minutes or until almost double.
- Heat oven to 375F.
- Brush beaten egg over dough.
- Sprinkle with almonds.
- Bake 30 to 35 minutes or until golden brown. Cool at least 30 minutes before cutting.

Nutrition Facts



■ PROTEIN 10.76% ■ FAT 50.33% ■ CARBS 38.91%

Properties

Glycemic Index:27.46, Glycemic Load:8.16, Inflammation Score:-3, Nutrition Score:5.2717391459838%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 124.31kcal (6.22%), Fat: 7.13g (10.97%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 10.83g (3.94%), Sugar: 3.23g (3.59%), Cholesterol: 41.33mg (13.78%), Sodium: 185.74mg (8.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Vitamin C: 9.77mg (11.84%), Vitamin B1: 0.14mg (9.62%), Vitamin B6: 0.18mg (9.09%), Folate: 33.92µg (8.48%), Vitamin B2: 0.13mg (7.91%), Potassium: 256.08mg (7.32%), Phosphorus: 70.52mg (7.05%), Manganese: 0.13mg (6.4%), Fiber: 1.57g (6.29%), Selenium: 3.75µg (5.35%), Vitamin A: 262.96IU (5.26%), Vitamin E: 0.77mg (5.13%), Magnesium: 19.25mg (4.81%), Vitamin B3: 0.96mg (4.78%), Vitamin B5: 0.46mg (4.58%), Copper: 0.09mg (4.36%), Iron: 0.64mg (3.58%), Zinc: 0.43mg (2.88%), Calcium: 25.94mg (2.59%), Vitamin B12: 0.1µg (1.67%), Vitamin D: 0.18µg (1.17%), Vitamin K: 1.15µg (1.09%)