



Candy Cane Coffee Cake

READY IN



110 min.

SERVINGS



3

CALORIES



2025 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 packages yeast dry quick
- 2 teaspoons double-acting baking powder
- 0.5 cup butter softened
- 1.3 cups buttermilk
- 1.5 cups apricot dried chopped
- 2 eggs
- 1.5 cups maraschino cherries drained chopped
- 1.5 cups cinnamon candies red
- 2 teaspoons salt

- 0.5 cup sugar
- 0.5 cup water (105°F to 115°F)
- 5.5 cups flour all-purpose for flour or gold flour

Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Dissolve yeast in warm water in large bowl.
- Add buttermilk, sugar, butter, eggs, baking powder, salt and 2 1/2 cups of the flour. Beat with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 2 minutes, scraping bowl occasionally. Stir in enough remaining flour to make dough easy to handle. (Dough should be soft and slightly sticky.)
- Grease 3 cookie sheets. Turn dough onto well-floured surface; gently knead about 5 minutes or until smooth and elastic. Divide dough into 3 equal parts.
- Roll one part into rectangle, 15x9 inches.
- Place rectangle on cookie sheet.
- Mix apricots and chopped cherries.
- Spread one-third of the apricot mixture in a strip about 2 1/2 inches wide lengthwise down center of rectangle. Make cuts in dough at 1/2-inch intervals on both 15-inch sides almost to filling. Fold strips over filling, overlapping and crossing in center. Carefully stretch dough until 22 inches long; curve one end to form top of cane. Repeat with remaining 2 parts of dough. Cover and let rise in warm place about 1 hour or until double. (Dough is ready if indentation remains when touched.)
- Heat oven to 375F.
- Bake 20 to 25 minutes or until golden brown.
- Drizzle Glaze over warm coffee cakes. Decorate with cinnamon candies.

Nutrition Facts

PROTEIN 6.83% FAT 17.37% CARBS 75.8%

Properties

Glycemic Index:100.5, Glycemic Load:163.98, Inflammation Score:-10, Nutrition Score:48.834347761196%

Nutrients (% of daily need)

Calories: 2024.58kcal (101.23%), Fat: 39.84g (61.3%), Saturated Fat: 9.6g (59.97%), Carbohydrates: 391.25g (130.42%), Net Carbohydrates: 375.27g (136.46%), Sugar: 193.6g (215.11%), Cholesterol: 120.12mg (40.04%), Sodium: 2356.91mg (102.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.27g (70.54%), Vitamin B1: 2.38mg (158.97%), Folate: 554.24µg (138.56%), Selenium: 92.64µg (132.34%), Vitamin B2: 1.69mg (99.6%), Manganese: 1.76mg (88.11%), Vitamin B3: 17.21mg (86.07%), Vitamin A: 4072.53IU (81.45%), Iron: 13.84mg (76.89%), Fiber: 15.98g (63.91%), Phosphorus: 537.13mg (53.71%), Calcium: 437.35mg (43.74%), Copper: 0.8mg (39.93%), Potassium: 1261.51mg (36.04%), Vitamin E: 4.56mg (30.41%), Vitamin B5: 2.89mg (28.94%), Magnesium: 94.28mg (23.57%), Zinc: 3.31mg (22.04%), Vitamin B6: 0.36mg (17.95%), Vitamin B12: 0.76µg (12.7%), Vitamin D: 1.89µg (12.58%), Vitamin K: 4.88µg (4.65%)