



Candy Cane Coffee Cakes

READY IN



180 min.

SERVINGS



36

CALORIES



162 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup almonds toasted sliced
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 1.3 cups buttermilk
- ☐ 1.5 cups cranberries dried
- ☐ 2 eggs
- ☐ 0.5 cup granulated sugar
- ☐ 1.5 cups maraschino cherries drained chopped

- ☐ 1 tablespoons water
- ☐ 1 cup powdered sugar
- ☐ 2 teaspoons salt
- ☐ 0.5 cup water (105°F to 115°F)
- ☐ 2 packages yeast dry
- ☐ 5.5 cups bread flour all-purpose for bread flour or gold medal® flour gold medal®

Equipment

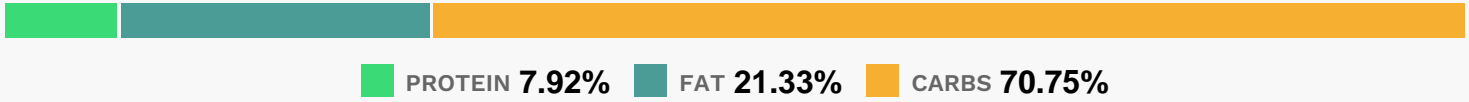
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ In large bowl, dissolve yeast in warm water.
- ☐ Add buttermilk, eggs, 2 1/2 cups of the flour, the butter, granulated sugar, baking powder and salt. Beat with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 2 minutes, scraping bowl frequently. Stir in enough remaining flour to make dough easy to handle. (Dough should remain soft and sticky.)
- ☐ Grease 3 cookie sheets with shortening or cooking spray. On lightly floured surface, knead dough about 5 minutes or until smooth and springy. Divide dough into 3 equal parts.
- ☐ Roll one part into 15x9-inch rectangle.
- ☐ Place rectangle on cookie sheet.
- ☐ Mix cranberries and cherries.
- ☐ Spread one-third of the cranberry 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; let rise in warm place about 1 hour or until double in size. (Dough is ready if indentation remains when touched.)
- ☐ Heat oven to 375°F.

- ☐
- Bake 1 coffee cake at time (refrigerate remaining coffee cakes while others bake).
- ☐
- Bake 20 to 25 minutes or until golden brown. Meanwhile, in small bowl, mix all glaze ingredients until smooth and thin enough to drizzle.
- ☐
- Drizzle glaze over warm coffee cakes. Decorate with almonds.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:11.1, Inflammation Score:-2, Nutrition Score:3.1913043761059%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 162.15kcal (8.11%), Fat: 3.9g (6%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 29.13g (9.71%), Net Carbohydrates: 27.88g (10.14%), Sugar: 14.04g (15.6%), Cholesterol: 10.01mg (3.34%), Sodium: 196.22mg (8.53%), Alcohol: 0.01g (100%), Alcohol %: 0.02% (100%), Protein: 3.26g (6.52%), Selenium: 8.79µg (12.56%), Manganese: 0.19mg (9.41%), Fiber: 1.25g (5.01%), Vitamin B1: 0.07mg (4.38%), Folate: 17.37µg (4.34%), Phosphorus: 43.32mg (4.33%), Vitamin B2: 0.07mg (3.88%), Calcium: 36.26mg (3.63%), Vitamin E: 0.53mg (3.56%), Copper: 0.07mg (3.38%), Vitamin A: 144.55IU (2.89%), Magnesium: 9.21mg (2.3%), Vitamin B5: 0.23mg (2.28%), Zinc: 0.31mg (2.1%), Vitamin B3: 0.42mg (2.08%), Iron: 0.35mg (1.93%), Potassium: 49.78mg (1.42%), Vitamin B6: 0.02mg (1.2%), Vitamin B12: 0.06µg (1.06%), Vitamin D: 0.16µg (1.05%)