

Cheese Babka

 Vegetarian

READY IN



400 min.

SERVINGS



8

CALORIES



398 kcal

DESSERT

Ingredients

- 0.3 ounce active yeast dry
- 2 tablespoons butter melted
- 1 eggs
- 3 eggs
- 1.5 cups farmers cheese
- 4 cups flour all-purpose divided
- 0.5 teaspoon lemon zest dried
- 0.8 cup milk lukewarm

- 1.5 teaspoons salt
- 1.5 tablespoons cup heavy whipping cream sour
- 1 teaspoon vanilla extract
- 0.3 cup warm water (110 degrees F/45 degrees C)
- 0.3 cup sugar white

Equipment

- bowl
- frying pan
- oven
- wire rack
- plastic wrap

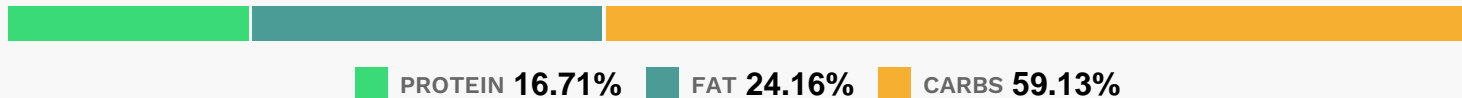
Directions

- Sprinkle the yeast and the pinch of sugar over the warm water; stir to dissolve.
- Let stand until foamy, about 10 minutes.
- Combine the 1/2 cup butter, 1/4 cup sugar, salt, 2 teaspoons of vanilla, milk, and 3 eggs in a bowl with 1 cup of flour and mix well.
- Add the yeast mixture and beat for 1 minute. Gradually add the remaining flour to form a soft dough. Turn the dough onto a lightly floured surface and knead until smooth and elastic, adding small amounts of flour as necessary to prevent sticking. Shape the dough into a round, and place it in a greased bowl, turning to coat. Cover with plastic wrap and let the dough rise at room temperature until doubled in size, about 1 1/2 hours.
- Beat together the farmers' cheese, 1/3 cup sugar, sour cream, 1 egg, 1 teaspoon vanilla extract, and dried lemon peel in a bowl until smooth. Set the filling aside. Lightly oil a 10-inch fluted tube pan (such as a Bundt®).
- Turn the dough onto a lightly floured surface and pat into a 10-inch by 12-inch rectangle.
- Brush the dough with the 2 tablespoons of melted butter.
- Spread the cheese filling evenly over the dough.
- Roll the dough up like a jelly roll, starting from the long end; twist the dough 6 to 8 times to form a rope. Pinch the seams and ends closed and arrange the rope of dough in the greased

pan. Cover loosely and let rise 1 hour.

- Preheat an oven to 350 degrees F (175 degrees C).
- Bake the babka until deep golden brown, 40 to 45 minutes.
- Remove from oven and let stand for 5 minutes; invert the babka onto a wire rack and remove the pan. Allow the babka to cool for at least 2 hours before slicing.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:40.73, Inflammation Score:-5, Nutrition Score:12.477826202693%

Nutrients (% of daily need)

Calories: 397.7kcal (19.88%), Fat: 10.49g (16.14%), Saturated Fat: 5.46g (34.15%), Carbohydrates: 57.77g (19.26%), Net Carbohydrates: 55.84g (20.3%), Sugar: 9.81g (10.9%), Cholesterol: 108.08mg (36.03%), Sodium: 678.81mg (29.51%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 16.32g (32.65%), Selenium: 28.62µg (40.88%), Vitamin B1: 0.61mg (40.7%), Folate: 145.7µg (36.43%), Vitamin B2: 0.48mg (28.44%), Manganese: 0.44mg (21.95%), Vitamin B3: 4.09mg (20.46%), Iron: 3.32mg (18.42%), Phosphorus: 142.4mg (14.24%), Vitamin B5: 0.83mg (8.28%), Fiber: 1.94g (7.76%), Zinc: 0.9mg (6%), Copper: 0.11mg (5.65%), Vitamin B12: 0.33µg (5.51%), Calcium: 54.01mg (5.4%), Vitamin A: 257.4IU (5.15%), Magnesium: 20.07mg (5.02%), Vitamin B6: 0.09mg (4.68%), Vitamin D: 0.69µg (4.61%), Potassium: 144.86mg (4.14%), Vitamin E: 0.37mg (2.47%)