



Chocolate Apricot Wreath

READY IN



240 min.

SERVINGS



10

CALORIES



623 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp yeast dry
- ☐ 0.3 cup almonds sliced
- ☐ 0.7 cup almonds toasted sliced
- ☐ 0.3 cup butter at room temperature
- ☐ 0.3 cup butter softened
- ☐ 3 oz chocolate chips such as scharffen berger; or bittersweet chocolate chips, such as ghirardelli
- ☐ 1.5 teaspoons cinnamon
- ☐ 1 large eggs
- ☐ 1 large eggs lightly beaten

- ☐ 10 servings dough
- ☐ 3.3 cups flour divided
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup milk whole at room temperature
- ☐ 2 tablespoons cooking wine
- ☐ 10 servings cooking wine sliced
- ☐ 10 servings frangelico
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Equipment

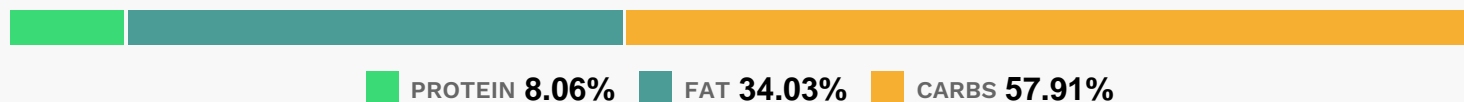
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stand mixer
- ☐ kitchen towels

Directions

- ☐ Make dough: Stir yeast into 3 tbsp. warm (11
- ☐ water in bowl of a stand mixer or a large mixing bowl.
- ☐ Let stand until softened, about 5 minutes.

- ☐ Add milk, granulated sugar, salt, butter, egg, cardamom, and 2 cups flour; mix with dough hook on low speed or stir until combined. Blend in about 1 more cup flour (enough for a soft dough).
- ☐ Mix with dough hook on medium speed until dough is smooth, elastic, and no longer sticky, 8 to 10 minutes, adding more flour if needed so dough pulls cleanly from bowl. (Or turn out onto a lightly floured work surface and knead, adding flour as required to keep dough from sticking.)
- ☐ Oil bowl, add dough and turn over, then let rise, covered, in a warm place until doubled, about 1 hour. Punch down dough and divide into 2 equal parts.
- ☐ Make filling: In a small bowl, combine brown sugar, cinnamon, cardamom, apricots, almonds, and chocolate.
- ☐ Roll each dough portion on a lightly floured work surface into a 7- by 14-in. rectangle with a long side facing you.
- ☐ Spread rectangles with butter and sprinkle with apricot mixture to within 1 in. of the edge farthest from you. Starting at nearest side, roll each rectangle into a log and seal along edge (but not ends) with a good pinch. Line a large baking sheet with parchment paper and put logs next to each other on paper, seam down.
- ☐ Weave logs together to form a loose braid. Lift up braid and gently twist once or twice. Form braid into a ring on baking sheet, pinch ends together to join, and tuck under. Cover loosely with a kitchen towel and let rise in a warm place until puffy, 30 to 45 minutes.
- ☐ Preheat oven to 35
- ☐ Brush ring with egg and scatter with almonds.
- ☐ Bake until golden brown and an instant-read thermometer inserted in bread reads 185 to 190, about 30 minutes. Slide cake from parchment to a rack.
- ☐ Let cool at least 20 minutes.
- ☐ Whisk powdered sugar and syrup in a bowl until smooth.
- ☐ Drizzle over cake.
- ☐ Make ahead: Up to 1 day, chilled. Set on a baking sheet, wrap with foil, and rewarm in a 250 oven 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:38.11, Glycemic Load:30.61, Inflammation Score:-7, Nutrition Score:15.292608949153%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 622.61kcal (31.13%), Fat: 19.6g (30.15%), Saturated Fat: 9.65g (60.32%), Carbohydrates: 75.04g (25.02%), Net Carbohydrates: 71.82g (26.12%), Sugar: 27.1g (30.11%), Cholesterol: 63.88mg (21.29%), Sodium: 323.24mg (14.05%), Alcohol: 15.7g (100%), Alcohol %: 6.84% (100%), Protein: 10.45g (20.9%), Manganese: 0.87mg (43.49%), Vitamin B1: 0.52mg (34.38%), Selenium: 23.09µg (32.99%), Vitamin B2: 0.51mg (30.2%), Folate: 112.94µg (28.23%), Iron: 3.81mg (21.19%), Vitamin B3: 4.05mg (20.27%), Vitamin E: 2.91mg (19.42%), Phosphorus: 187.66mg (18.77%), Magnesium: 61.54mg (15.39%), Fiber: 3.23g (12.9%), Calcium: 114.44mg (11.44%), Potassium: 393.37mg (11.24%), Copper: 0.22mg (10.76%), Zinc: 1.42mg (9.5%), Vitamin B6: 0.17mg (8.42%), Vitamin A: 369.11IU (7.38%), Vitamin B5: 0.7mg (7.02%), Vitamin B12: 0.23µg (3.85%), Vitamin D: 0.4µg (2.68%), Vitamin K: 2.23µg (2.12%)