



Chocolate Babka

READY IN



285 min.

SERVINGS



24

CALORIES



385 kcal

DESSERT

Ingredients

- ☐ 14 ounces almond paste
- ☐ 8 ounces bittersweet chocolate chopped
- ☐ 0.5 cup butter
- ☐ 5 egg whites
- ☐ 10 egg yolks
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 4 cups flour all-purpose as needed
- ☐ 2 cups warm milk

- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1.3 cups sugar
- ☐ 2 tablespoons butter unsalted softened
- ☐ 0.3 teaspoon vanilla extract
- ☐ 3 ounces cake yeast

Equipment

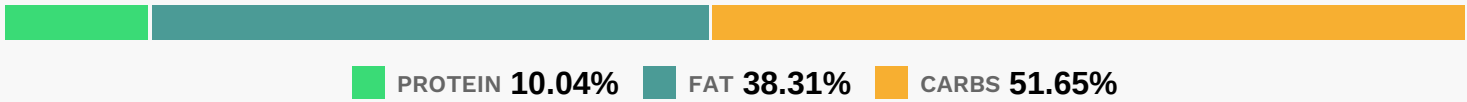
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ rolling pin

Directions

- ☐ Combine the flour, sugar, yeast, and warm milk; then cover the bowl with plastic wrap and let sit at room temperature 1 hour.
- ☐ Make the dough: In bowl of a standing mixer fitted with a whisk, mix together the sugar, vanilla, salt, egg yolks and eggs until well blended. Fit the mixer with a dough hook, add the flour and sponge, and mix until combined; then drizzle in the butter.
- ☐ Mix with the dough hook until incorporated.
- ☐ Place it in a greased bowl, covered, and let it rest and rise until doubled in volume, about 1 1/2 hours.
- ☐ Meanwhile, make the filling: Fit the mixer with the paddle attachment and mix together the almond paste, egg whites, and butter.
- ☐ Add the chocolate and mix until combined.
- ☐ Preheat the oven to 350 degrees F.

- ☐ Lightly flour a work surface, turn out the dough and punch it down to release the built up gases. Divide the dough in 1/
- ☐ Cover 1 piece with a damp towel as you roll the other
- ☐ piece into a rectangle 8 by 14 inches and 1/4-inch thick.
- ☐ Let the dough rest while you roll the other out.
- ☐ Spread each with 1/2 of the filling, then roll them up jellyroll style and pinch the seams to seal them. Flatten the dough slightly with a rolling pin, then twist the dough 6 to 8 times. Allow the dough to rest a few minutes. Make spirals with the dough and place them in 2 greased 8-inch cake pans. (Alternatively, lay the dough straight out in 2 greased tube pans.) Cover each pan with a damp cloth, and let rise in a warm place until almost doubled in volume, about 30 to 60 minutes.
- ☐ Bake the cakes for 45 minutes; then let cool in the pan.

Nutrition Facts



Properties

Glycemic Index:15.76, Glycemic Load:25.24, Inflammation Score:-6, Nutrition Score:14.503913154988%

Nutrients (% of daily need)

Calories: 384.99kcal (19.25%), Fat: 16.59g (25.52%), Saturated Fat: 6.84g (42.75%), Carbohydrates: 50.34g (16.78%), Net Carbohydrates: 46.99g (17.09%), Sugar: 21.52g (23.91%), Cholesterol: 110.32mg (36.77%), Sodium: 159.32mg (6.93%), Alcohol: 0.01g (100%), Alcohol %: 0.02% (100%), Caffeine: 8.13mg (2.71%), Protein: 9.78g (19.56%), Vitamin B1: 0.68mg (45.22%), Folate: 165.28µg (41.32%), Vitamin B2: 0.49mg (28.54%), Selenium: 19.45µg (27.78%), Manganese: 0.5mg (24.92%), Phosphorus: 182.96mg (18.3%), Vitamin B3: 3.62mg (18.09%), Vitamin E: 2.69mg (17.91%), Iron: 2.67mg (14.83%), Fiber: 3.35g (13.39%), Copper: 0.26mg (13.23%), Magnesium: 50.99mg (12.75%), Vitamin B5: 1.04mg (10.37%), Zinc: 1.31mg (8.71%), Calcium: 78.82mg (7.88%), Potassium: 228.42mg (6.53%), Vitamin A: 312.95IU (6.26%), Vitamin B6: 0.12mg (6.07%), Vitamin B12: 0.32µg (5.4%), Vitamin D: 0.72µg (4.8%), Vitamin K: 1.33µg (1.26%)