

## Chocolate Babka

READY IN



45 min.

SERVINGS



16

CALORIES



222 kcal

DESSERT

## Ingredients

- ☐ 1.3 cups bread flour
- ☐ 1 tablespoon butter softened
- ☐ 5 tablespoons butter softened cut into pieces and
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large egg yolk lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.7 cups flour all-purpose divided
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon granulated sugar

- ☐ 6 tablespoons granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 cup warm milk 1% low-fat (105° to 110°)
- ☐ 2 tablespoons powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces bittersweet chocolate finely chopped
- ☐ 3 tablespoons cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract

## Equipment

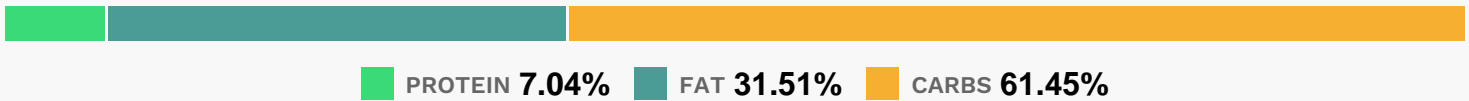
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ stand mixer
- ☐ measuring cup

## Directions

- ☐ Dissolve 1 teaspoon granulated sugar and yeast in warm milk in the bowl of a stand mixer; let stand 5 minutes. Stir in 6 tablespoons granulated sugar, vanilla extract, 1/4 teaspoon salt, and egg yolk. Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Add 6 ounces (about 1 1/3 cups) all-purpose flour and bread flour to milk mixture; beat with dough hook attachment at medium speed until well blended (about 2 minutes).
- ☐ Add 5 tablespoons butter, beating until well blended. Scrape dough out onto a floured surface (dough will be very sticky). Knead until smooth and elastic (about 10 minutes); add 5 ounces (about 1/3 cup) all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will be very soft).

- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 1/2 hours or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let dough rest 5 minutes.
- ☐ Line the bottom of a 9 x 5 inch loaf pan with parchment paper; coat sides of pan with cooking spray.
- ☐ To prepare filling, combine 1/2 cup granulated sugar, cocoa, cinnamon, salt, and chocolate in a medium bowl; set aside.
- ☐ Place dough on a generously floured surface; roll dough out into a 16-inch square.
- ☐ Sprinkle filling over dough, leaving a 1/4-inch border around edges.
- ☐ Roll up dough tightly, jelly-roll fashion; pinch seam and ends to seal. Holding dough by ends, twist dough 4 times as if wringing out a towel. Fit dough into prepared pan. Cover and let rise 45 minutes or until doubled in size.
- ☐ Preheat oven to 350
- ☐ To prepare streusel, combine powdered sugar, 1 tablespoon all-purpose flour, and 1 tablespoon softened butter, stirring with a fork until mixture is crumbly; sprinkle streusel evenly over dough.
- ☐ Bake at 350 for 40 minutes or until loaf is browned on bottom and sounds hollow when tapped. Cool bread in pan 10 minutes on a wire rack; remove from pan. Cool bread completely on wire rack before slicing.

## Nutrition Facts



## Properties

Glycemic Index:33.27, Glycemic Load:19.72, Inflammation Score:-3, Nutrition Score:5.3282608752665%

## Flavonoids

Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 221.53kcal (11.08%), Fat: 7.85g (12.08%), Saturated Fat: 4.55g (28.43%), Carbohydrates: 34.45g (11.48%), Net Carbohydrates: 32.79g (11.92%), Sugar: 15.22g (16.91%), Cholesterol: 23.74mg (7.91%), Sodium: 76.66mg

(3.33%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Caffeine: 8.25mg (2.75%), Protein: 3.95g (7.9%), Manganese: 0.31mg (15.66%), Selenium: 10.17µg (14.53%), Vitamin B1: 0.17mg (11.55%), Folate: 40.38µg (10.09%), Copper: 0.17mg (8.26%), Iron: 1.34mg (7.46%), Vitamin B2: 0.12mg (7.12%), Phosphorus: 68.98mg (6.9%), Fiber: 1.66g (6.65%), Magnesium: 24.34mg (6.08%), Vitamin B3: 1.17mg (5.83%), Zinc: 0.54mg (3.62%), Vitamin A: 172.12IU (3.44%), Potassium: 103.52mg (2.96%), Calcium: 26.57mg (2.66%), Vitamin B5: 0.26mg (2.62%), Vitamin B12: 0.11µg (1.84%), Vitamin E: 0.24mg (1.62%), Vitamin B6: 0.03mg (1.51%), Vitamin D: 0.18µg (1.19%)