



Cinnamon Bun Babka

 Dairy Free  Very Healthy

READY IN



195 min.

SERVINGS



1

CALORIES



6150 kcal

DESSERT

Ingredients

- ☐ 1 package active yeast dry
- ☐ 2 cups confectioners' sugar sifted
- ☐ 0.5 cup brown sugar dark
- ☐ 1 large egg white
- ☐ 2 large eggs
- ☐ 4 cups flour for dusting all-purpose plus more
- ☐ 0.5 cup golden raisins
- ☐ 2 tablespoons ground cinnamon

- ☐ 0.3 cup butter cooled melted
- ☐ 0.8 cup butter cooled melted plus more for brushing
- ☐ 1 orange zest finely grated
- ☐ 1 tablespoon orange zest grated
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup walnuts chopped
- ☐ 0.3 cup water
- ☐ 1 cup warm water

Equipment

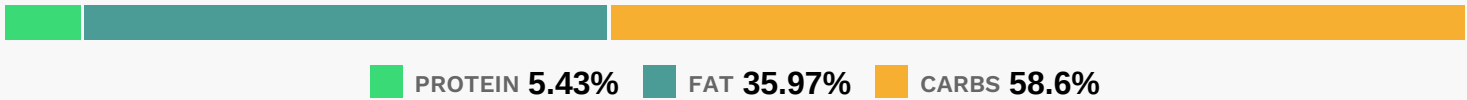
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ To prepare the dough: In the bowl of a standing electric mixer fitted with a dough hook, dissolve the yeast in 1/4 cup of the warm water.
- ☐ Sprinkle in 1/4 teaspoon of the sugar and let stand until foamy, about 10 minutes.
- ☐ Turn the mixer on low speed and add the remaining water, sugar, melted margarine, eggs, and salt.

- ☐ Add 2 cups of the flour and turn the speed up to medium; continue to mix until incorporated. Gradually add the remaining flour, and continue to mix until the dough holds together and pulls away from the sides of the bowl; the dough will be very soft.
- ☐ Knead the dough on a lightly floured surface, until smooth and elastic. Rub the inside of a mixing bowl with the oil and put the dough in it, turning to coat. Cover with a towel or plastic wrap and let rise at room temperature for about 1 1/2 hours, until doubled in size.
- ☐ Combine the brown sugar and cinnamon in a mixing bowl.
- ☐ Add the orange zest, raisins, walnuts, and melted margarine. Fold the ingredients together to combine.
- ☐ Preheat the oven to 325 degrees F.
- ☐ Line a sheet pan with parchment paper and brush with melted margarine.
- ☐ Roll the dough out on a lightly floured surface into a large rectangle, about 10 by 18-inches.
- ☐ Brush the surface of the dough with melted margarine and spread the filling evenly across.
- ☐ Roll the dough up, jelly roll-style, into a long cylinder, and twist it a few times like your wringing out a towel.
- ☐ Put the dough on the sheet pan and coil it around like a pinwheel, tuck the loose end of the dough under so it doesn't unravel.
- ☐ Brush the top of the dough with more melted margarine.
- ☐ Bake for 45 minutes to 1 hour until your kitchen smells like cinnamon, and the babka is golden brown. Cool in the pan for 5 minutes, and then transfer to a wire rack.
- ☐ Mix the all the ingredients together in a bowl, until the sugar dissolves.
- ☐ Whisk the glaze to smooth out any lumps; drizzle it over the top of the babka while it is still warm.

Nutrition Facts



Properties

Glycemic Index:226.76, Glycemic Load:377.91, Inflammation Score:-10, Nutrition Score:70.570869777514%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 6150.38kcal (307.52%), Fat: 250.36g (385.17%), Saturated Fat: 47.71g (298.21%), Carbohydrates: 917.53g (305.84%), Net Carbohydrates: 884.92g (321.79%), Sugar: 487.96g (542.18%), Cholesterol: 372mg (124%), Sodium: 4739.84mg (206.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 85.11g (170.22%), Manganese: 8.57mg (428.43%), Vitamin B1: 4.99mg (332.63%), Selenium: 214.77µg (306.81%), Folate: 1196.35µg (299.09%), Vitamin B2: 3.75mg (220.56%), Vitamin A: 8794.29IU (175.89%), Vitamin B3: 34.48mg (172.38%), Iron: 30.6mg (170.01%), Fiber: 32.61g (130.43%), Phosphorus: 1143.96mg (114.4%), Copper: 2.22mg (110.94%), Magnesium: 280.5mg (70.13%), Vitamin E: 10.41mg (69.41%), Calcium: 593.58mg (59.36%), Vitamin B6: 1.17mg (58.37%), Vitamin B5: 5.65mg (56.47%), Potassium: 1948.51mg (55.67%), Zinc: 7.84mg (52.24%), Vitamin C: 28.64mg (34.72%), Vitamin K: 35.95µg (34.24%), Vitamin B12: 1.15µg (19.19%), Vitamin D: 2µg (13.33%)