



Classic King's Cake

 Vegetarian

READY IN



145 min.

SERVINGS



16

CALORIES



271 kcal

DESSERT

Ingredients

- ☐ 0.5 cup water
- ☐ 2 envelopes yeast dry quick
- ☐ 5 cups flour all-purpose
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 2 teaspoons salt
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 teaspoon orange zest grated

- ☐ 0.5 cup milk lukewarm
- ☐ 3 eggs beaten
- ☐ 4 egg yolk beaten
- ☐ 0.5 cup butter softened
- ☐ 1 serving baby corns
- ☐ 0.5 cup powdered sugar
- ☐ 3 teaspoons milk
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 serving plums green yellow

Equipment

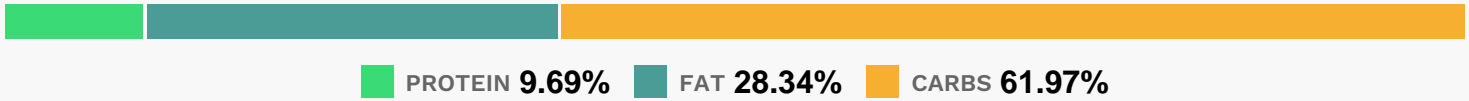
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ stand mixer

Directions

- ☐ In small bowl, sprinkle yeast over warm water to dissolve. Set aside.
- ☐ Combine flour, sugar, nutmeg and salt in a large mixing bowl of stand mixer. Stir in lemon and orange peel. Make a well in the center and add yeast mixture, milk, beaten eggs and beaten egg yolks. Gradually fold together.
- ☐ Add 1/2 cup of the butter and beat using dough hook of a stand mixer on Low speed until dough forms ball.
- ☐ Place ball on floured board and knead until smooth and elastic, adding flour if necessary. Butter the inside of a large bowl with 1 tablespoon of the butter.
- ☐ Place dough in bowl and turn to coat the entire surface with butter. Cover and set aside for 45 minutes, or until doubled in size.
- ☐ Heat oven to 375°F.

- ☐ Brush a large baking sheet with remaining butter. Return dough to lightly floured surface, knead several times. Shape into 14 inch long roll.
- ☐ Place on baking sheet and form from a ring, pinching ends together.
- ☐ Bake for 25 to 30 minutes, or until golden brown. Cool cake on a wire rack.
- ☐ For the glaze, combine the powdered sugar, milk and vanilla in a small bowl. Stir until smooth. Once cake has cooled, drizzle icing on top using a fork. Top with colored sugars and plastic baby, if desired.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:27.2, Glycemic Load:26.47, Inflammation Score:-4, Nutrition Score:8.6560868594957%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 271.06kcal (13.55%), Fat: 8.52g (13.11%), Saturated Fat: 4.58g (28.63%), Carbohydrates: 41.94g (13.98%), Net Carbohydrates: 40.48g (14.72%), Sugar: 11.45g (12.72%), Cholesterol: 95.57mg (31.86%), Sodium: 355.19mg (15.44%), Alcohol: 0.02g (100%), Alcohol %: 0.03% (100%), Protein: 6.56g (13.12%), Vitamin B1: 0.42mg (28.16%), Selenium: 18.66µg (26.66%), Folate: 103.21µg (25.8%), Vitamin B2: 0.31mg (18.14%), Manganese: 0.28mg (14.12%), Vitamin B3: 2.72mg (13.6%), Iron: 2.13mg (11.82%), Phosphorus: 93.73mg (9.37%), Vitamin A: 333.96IU (6.68%), Vitamin B5: 0.6mg (6.04%), Fiber: 1.46g (5.85%), Zinc: 0.61mg (4.06%), Copper: 0.08mg (3.9%), Vitamin B12: 0.22µg (3.67%), Vitamin B6: 0.07mg (3.44%), Vitamin D: 0.5µg (3.35%), Magnesium: 12.38mg (3.09%), Calcium: 30.34mg (3.03%), Vitamin E: 0.42mg (2.8%), Potassium: 96.98mg (2.77%), Vitamin C: 1.24mg (1.5%), Vitamin K: 1.3µg (1.24%)