



Cocoa Pecan Ring

READY IN



150 min.

SERVINGS



12

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 12 servings blanched almonds and
- ☐ 1 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoons milk
- ☐ 0.5 cup pecans finely chopped
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.3 teaspoon vanilla
- ☐ 0.8 cup water (105°F to 115°F)
- ☐ 1 package yeast dry

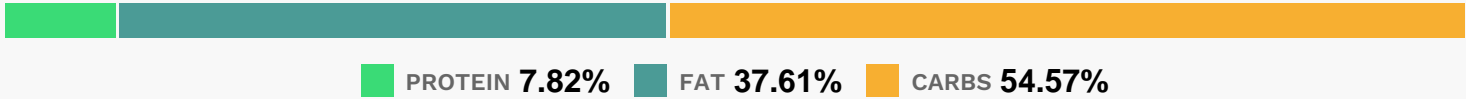
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ In large bowl, dissolve yeast in warm water.
- ☐ Add cocoa, 1/4 cup granulated sugar, the shortening, salt, egg and 1 cup of the flour. Beat with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 2 minutes, scraping bowl occasionally. Stir in remaining flour until smooth. Scrape dough from side of bowl. Cover; let rise in warm place about 1 hour or until double in size.
- ☐ Grease 12-cup fluted tube cake pan with shortening or cooking spray. In small bowl, mix 1/4 cup granulated sugar and the pecans. Stir down dough by beating about 25 strokes. Drop dough by heaping teaspoonfuls into sugar-pecan mixture, coating each ball of dough.
- ☐ Place in pan, making 2 layers of balls. Cover; let rise in warm place about 40 minutes or until double in size.
- ☐ Heat oven to 375F.
- ☐ Bake about 25 minutes or until golden brown.
- ☐ Place heatproof serving plate upside down onto pan; turn plate and pan over. Carefully remove pan. Cool slightly. In small bowl, mix all glaze ingredients with spoon until smooth and thin enough to drizzle.
- ☐ Drizzle glaze over coffee cake.
- ☐ Garnish with almonds.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.09, Glycemic Load:15.88, Inflammation Score:-3, Nutrition Score:6.7295651991406%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 4.73mg, Epicatechin: 4.73mg, Epicatechin: 4.73mg, Epicatechin: 4.73mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 208.92kcal (10.45%), Fat: 9.04g (13.91%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 27.31g (9.93%), Sugar: 9.42g (10.47%), Cholesterol: 13.69mg (4.56%), Sodium: 104.78mg (4.56%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Caffeine: 5.49mg (1.83%), Protein: 4.23g (8.46%), Manganese: 0.48mg (23.9%), Vitamin B1: 0.28mg (18.96%), Folate: 60.52µg (15.13%), Selenium: 9.73µg (13.89%), Vitamin B2: 0.18mg (10.41%), Copper: 0.2mg (9.87%), Iron: 1.65mg (9.18%), Fiber: 2.21g (8.83%), Vitamin B3: 1.76mg (8.81%), Phosphorus: 71.64mg (7.16%), Magnesium: 26.22mg (6.55%), Zinc: 0.66mg (4.4%), Vitamin E: 0.62mg (4.12%), Vitamin B5: 0.32mg (3.17%), Potassium: 98.18mg (2.81%), Vitamin K: 2.58µg (2.45%), Vitamin B6: 0.04mg (1.96%), Calcium: 15.5mg (1.55%)