



## Cocoa Pecan Ring

READY IN



150 min.

SERVINGS



12

CALORIES



220 kcal

SIDE DISH

### Ingredients

- ☐ 1 package yeast dry
- ☐ 0.8 cup water (105°F to 115°F)
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup shortening
- ☐ 0.5 teaspoon salt
- ☐ 1 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 cup granulated sugar

- ☐ 0.5 cup pecans finely chopped
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 teaspoon vanilla
- ☐ 1 teaspoons milk
- ☐ 1 serving blanched almonds and

## 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 375°F.
- ☐ 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:21.93, Glycemic Load:18.78, Inflammation Score:-3, Nutrition Score:6.4830434774251%

## 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: 219.55kcal (10.98%), Fat: 8.57g (13.19%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 33.5g (11.17%), Net Carbohydrates: 31.38g (11.41%), Sugar: 13.54g (15.04%), Cholesterol: 13.69mg (4.56%), Sodium: 104.64mg (4.55%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Caffeine: 5.49mg (1.83%), Protein: 4.03g (8.07%), Manganese: 0.46mg (23.06%), Vitamin B1: 0.28mg (18.85%), Folate: 60.07µg (15.02%), Selenium: 9.72µg (13.89%), Vitamin B2: 0.17mg (10.08%), Copper: 0.19mg (9.41%), Iron: 1.63mg (9.03%), Vitamin B3: 1.73mg (8.65%), Fiber: 2.12g (8.47%), Phosphorus: 67.23mg (6.72%), Magnesium: 23.76mg (5.94%), Zinc: 0.63mg (4.22%), Vitamin B5: 0.31mg (3.14%), Vitamin E: 0.4mg (2.67%), Potassium: 92.23mg (2.64%), Vitamin K: 2.58µg (2.45%), Vitamin B6: 0.04mg (1.9%), Calcium: 13.38mg (1.34%)