



## Cream Cheese Filled Coffee Cake

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



102 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 cups bread flour all-purpose
- 1 tablespoon butter melted
- 8 oz cream cheese softened
- 2 tablespoons eggs lightly beaten
- 0.3 cup granulated sugar
- 0.5 teaspoon kosher salt
- 0.5 teaspoon juice of lemon
- 1 cup powdered sugar

- 0.5 cup cream sour
- 6 tablespoons sugar
- 1 teaspoon vanilla extract
- 0.3 cup water (110 degrees)
- 2 tablespoons milk whole
- 1 packet yeast quick

## Equipment

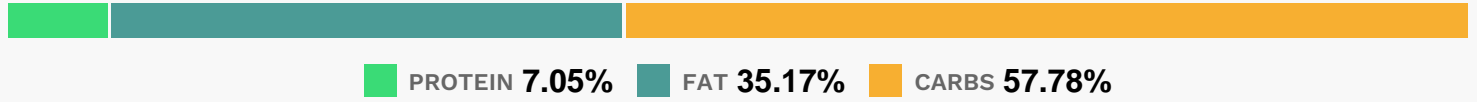
- baking sheet
- oven
- mixing bowl
- plastic wrap
- pastry bag

## Directions

- Combine the yeast and water in a small bowl and let sit until it starts to foam. Meanwhile, put the sour cream, butter, egg, salt and sugar in a mixing bowl.
- Add the flour and the yeast mixture, and stir to make a soft dough. Cover with plastic wrap and chill dough for about 8 hours. Punch down the dough (it probably will not appear to have risen much) and divide it into two parts.
- Roll each part into a 12- x 8-inch rectangle, and spread each rectangle lengthwise with half the cream cheese filling, leaving a 1-inch border around edges. Carefully roll up, starting at a long side; press seam, and fold ends under to seal.
- Place, seam side down, onto a parchment lined or greased baking sheet.
- Cut 6 equally spaced "X"s across top of each loaf; cover (I recommend loosely if at all) and let rise in a warm place (85°), free from drafts, about 1 hour or until doubled in bulk.
- Bake at 375° for about 20 minutes or until browned.
- Mix all icing ingredients together until smooth.
- Put the icing in a freezer bag or pastry bag. When loaves are cool, snip off end of icing bag and drizzle it across the loaves.

Let set.

## Nutrition Facts



### Properties

Glycemic Index:10.74, Glycemic Load:6.89, Inflammation Score:-1, Nutrition Score:1.5108695755834%

### Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg

### Nutrients (% of daily need)

Calories: 101.87kcal (5.09%), Fat: 4.02g (6.18%), Saturated Fat: 2.23g (13.91%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 14.59g (5.31%), Sugar: 8.48g (9.42%), Cholesterol: 14.69mg (4.9%), Sodium: 68.98mg (3%), Alcohol: 0.05g (100%), Alcohol %: 0.18% (100%), Protein: 1.81g (3.62%), Selenium: 4.49µg (6.42%), Manganese: 0.07mg (3.45%), Vitamin A: 144.19IU (2.88%), Vitamin B2: 0.05mg (2.7%), Folate: 9.61µg (2.4%), Vitamin B1: 0.04mg (2.39%), Phosphorus: 23.66mg (2.37%), Calcium: 14.6mg (1.46%), Vitamin B5: 0.14mg (1.43%), Zinc: 0.16mg (1.06%), Fiber: 0.26g (1.05%)