



Cream Cheese-Filled King Cake

READY IN



40 min.

SERVINGS



100

CALORIES



110 kcal

DESSERT

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 100 servings creamy glaze
- ☐ 6 cups bread flour
- ☐ 0.3 cup butter
- ☐ 16 ounce cream cheese softened
- ☐ 1 large eggs
- ☐ 2 large eggs lightly beaten
- ☐ 100 servings purple-
- ☐ 1 teaspoon salt

- ☐ 16 ounce cup heavy whipping cream sour
- ☐ 0.3 cup sugar
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup warm water (100° to 110°)

Equipment

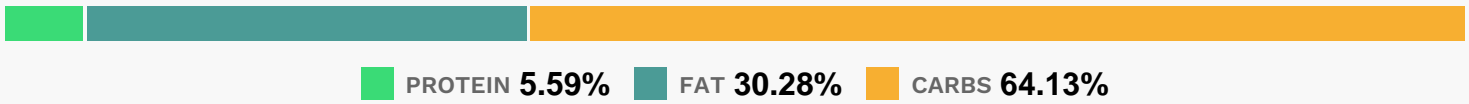
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ stand mixer
- ☐ measuring cup

Directions

- ☐ Cook first 4 ingredients in a medium saucepan over low heat, stirring often, until butter melts. Set aside, and cool mixture to 100 to 11
- ☐ Stir together yeast, 1/2 cup warm water, and 1 tablespoon sugar in a 1-cup glass measuring cup; let stand 5 minutes.
- ☐ Beat sour cream mixture, yeast mixture, eggs, and 2 cups flour at medium speed with a heavy-duty electric stand mixer until smooth. Reduce speed to low, and gradually add enough remaining flour (4 to 4 1/2 cups) until a soft dough forms.
- ☐ Turn dough out onto a lightly floured surface; knead until smooth and elastic (about 10 minutes).
- ☐ Place in a well-greased bowl, turning to grease top.
- ☐ Cover and let rise in a warm place (85), free from drafts, 1 hour or until dough is doubled in bulk.
- ☐ Punch down dough, and divide in half.

- ☐ Roll each portion into a 22- x 12-inch rectangle. Beat 3/4 cup sugar, cream cheese, 1 egg, and vanilla at medium speed with an electric mixer until smooth.
- ☐ Spread cream cheese mixture evenly on each dough rectangle, leaving 1-inch borders.
- ☐ Roll up each dough rectangle, jelly-roll fashion, starting at 1 long side.
- ☐ Place one dough roll, seam side down, on a lightly greased baking sheet. Bring ends of roll together to form an oval ring, moistening and pinching edges together to seal. Repeat with second dough roll.
- ☐ Cover and let rise in a warm place (85), free from drafts, 20 to 30 minutes or until doubled in bulk.
- ☐ Bake at 375 for 14 to 16 minutes or until golden. Slightly cool cakes on pans on wire racks (about 10 minutes).
- ☐ Drizzle Creamy Glaze evenly over warm cakes; sprinkle with colored sugars, alternating colors and forming bands.
- ☐ Let cool completely.
- ☐ *6 to 6 1/2 cups all-purpose flour may be substituted.

Nutrition Facts



Properties

Glycemic Index:3.54, Glycemic Load:5.19, Inflammation Score:-1, Nutrition Score:1.2417391164471%

Nutrients (% of daily need)

Calories: 109.94kcal (5.5%), Fat: 3.71g (5.7%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 17.44g (6.34%), Sugar: 11.75g (13.05%), Cholesterol: 14.06mg (4.69%), Sodium: 44.99mg (1.96%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 1.54g (3.08%), Selenium: 4.03µg (5.75%), Manganese: 0.06mg (3.08%), Vitamin A: 111.61IU (2.23%), Vitamin B2: 0.04mg (2.1%), Phosphorus: 19.59mg (1.96%), Folate: 7.19µg (1.8%), Vitamin B1: 0.02mg (1.61%), Vitamin B5: 0.12mg (1.17%), Calcium: 11.21mg (1.12%)