



## Double chocolate Easter Danish

 Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



761 kcal

SIDE DISH

### Ingredients

- ☐ 175 ml warm milk
- ☐ 1 eggs beaten
- ☐ 450 g strong flour white
- ☐ 1 sachet fast-action yeast dried
- ☐ 50 g golden caster sugar
- ☐ 250 g block butter cold sliced
- ☐ 200 g almond flaked toasted
- ☐ 50 g icing sugar

- ☐ 25 g cocoa powder
- ☐ 50 g butter softened
- ☐ 1 egg white
- ☐ 50 g chocolate dark chopped
- ☐ 1 egg yolk
- ☐ 3 tbsp milk
- ☐ 8 servings golden caster sugar for sprinkling

## Equipment

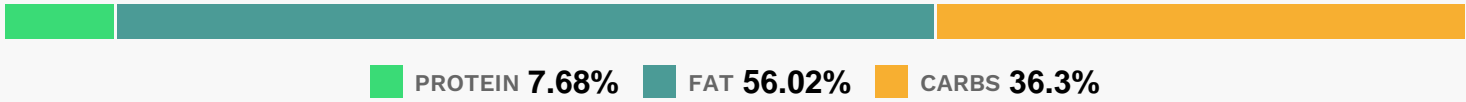
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ cake form

## Directions

- ☐ Make the dough a day ahead if you have time. Beat the milk and egg in a jug.
- ☐ Put the flour, yeast, sugar and butter in a food processor with a pinch of salt. Pulse until the mix starts to come together, but is still flecked with pieces of butter. Tip into a bowl and use your hands to work in the contents of the jug. Turn the dough out onto a floured surface, knead slightly, then roll out to a rectangle and fold the two short sides over so the edges meet in the middle, then fold into the middle again.
- ☐ Roll out and fold twice more, flouring the surface as you work. Cover the dough with cling film, then rest it in the fridge for at least 4 hrs or overnight.
- ☐ For the filling, tip 150g of the almonds into a food processor with the icing sugar and cocoa powder and blitz until combined.
- ☐ Add the butter and egg white, pulse to a paste, then fold in the chocolate and set aside.
- ☐ Split the dough in two and press one half into the base of a 23cm non-stick springform cake tin.
- ☐ Spread the filling over the middle of the dough, leaving a border, and top with the remaining dough. Cover with cling film and leave in a warm place for about an hour.
- ☐ Heat oven to 180C/fan 160C/gas

- ☐
- Beat the egg yolk with the milk and brush over the top to glaze.
- ☐
- Sprinkle with the remaining almonds and a little caster sugar and bake for 40–50 mins until puffed up and golden. Leave to cool for an hour.
- ☐
- Mix the icing sugar with a few drops cold water to make a runny icing and drizzle it over the cake.
- ☐
- Serve in wedges with coffee, or with ice cream for dessert.

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:32.3, Inflammation Score:-8, Nutrition Score:21.796956331834%

## Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 6.29mg, Epicatechin: 6.29mg, Epicatechin: 6.29mg, Epicatechin: 6.29mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 760.52kcal (38.03%), Fat: 48.57g (74.72%), Saturated Fat: 23.01g (143.8%), Carbohydrates: 70.83g (23.61%), Net Carbohydrates: 64.32g (23.39%), Sugar: 20.29g (22.54%), Cholesterol: 128.95mg (42.98%), Sodium: 273.29mg (11.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 14.98g (29.95%), Manganese: 1.21mg (60.4%), Vitamin E: 7.47mg (49.82%), Vitamin B2: 0.69mg (40.39%), Selenium: 25.75µg (36.78%), Vitamin B1: 0.54mg (35.67%), Folate: 125.11µg (31.28%), Magnesium: 116.03mg (29.01%), Copper: 0.58mg (29%), Phosphorus: 282.09mg (28.21%), Iron: 4.96mg (27.57%), Fiber: 6.51g (26.06%), Vitamin B3: 4.48mg (22.38%), Vitamin A: 1047.62IU (20.95%), Calcium: 142.77mg (14.28%), Zinc: 1.88mg (12.53%), Potassium: 418.01mg (11.94%), Vitamin B5: 0.73mg (7.33%), Vitamin B12: 0.33µg (5.5%), Vitamin B6: 0.11mg (5.34%), Vitamin D: 0.54µg (3.61%), Vitamin K: 3.45µg (3.28%)