



Drozdowka (Polish Yeast Plum Cake)

READY IN



140 min.

SERVINGS



15

CALORIES



348 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 0.5 cup bread crumbs dry
- 4 eggs
- 1.5 cups flour all-purpose
- 1.3 cups butter
- 6 cups plums fresh pitted quartered
- 4 teaspoons tsp vanilla sugar
- 0.5 cup sugar white
- 0.5 cup milk whole

- 1.2 ounce cakes cake yeast

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- mixing bowl
- blender
- baking pan
- toothpicks
- pastry cutter

Directions

- In a saucepan over very low heat, warm up 1/2 cup of milk to no more than 100 degrees F (38 degrees C); stir in 1 tablespoon of flour and 1 tablespoon of sugar.
- Remove from heat and transfer to a bowl. Crumble the cake yeast into the milk mixture, and gently stir until the mixture becomes creamy. Cover the pan with a cloth, and set aside in a warm place until the yeast forms a spongy texture, 20 to 30 minutes.
- Melt margarine in a saucepan over low heat; remove from heat and allow to cool to lukewarm.
- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish, and sprinkle with bread crumbs.
- Place eggs and 1 1/8 cup sugar into a blender, and process until the mixture is yellow and fluffy. In a large mixing bowl, whisk together 8 cups of flour with vanilla sugar. Stir in the egg mixture, activated yeast mixture, and lukewarm margarine; start kneading 1 cup milk, or as needed, into the dough, a little at a time, until the dough stops sticking to your fingers and becomes smooth and even. Knead for at least 15 minutes, working to incorporate as much air as possible into the dough as you knead.

- Press the dough evenly into the prepared baking sheet, and arrange the plums over the top of the dough. Set aside.
- In a bowl, cut together 1 1/2 cup flour, the butter, and 1/2 cup of sugar with a pastry cutter until the mixture resembles fine crumbs; sprinkle the streusel mixture over the plums. Dust streusel with cinnamon, if desired.
- Bake in the preheated oven until a toothpick inserted into the center of the cake comes out clean, 1 hour to 1 hour and 10 minutes.

Nutrition Facts

PROTEIN 5.77%

FAT 61.75%

CARBS 32.48%

Properties

Glycemic Index:22.79, Glycemic Load:15, Inflammation Score:-7, Nutrition Score:8.7630434243575%

Flavonoids

Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 348.21kcal (17.41%), Fat: 24.45g (37.62%), Saturated Fat: 7.87g (49.21%), Carbohydrates: 28.94g (9.65%), Net Carbohydrates: 26.91g (9.78%), Sugar: 14.96g (16.62%), Cholesterol: 60.89mg (20.3%), Sodium: 286.52mg (12.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Vitamin B1: 0.41mg (27.5%), Vitamin A: 1215.09IU (24.3%), Folate: 89.04µg (22.26%), Vitamin B2: 0.26mg (15.32%), Selenium: 9.2µg (13.15%), Vitamin B3: 2.19mg (10.94%), Phosphorus: 82.35mg (8.24%), Manganese: 0.16mg (8.18%), Fiber: 2.03g (8.13%), Vitamin C: 6.32mg (7.66%), Vitamin E: 1.11mg (7.4%), Vitamin B5: 0.71mg (7.05%), Iron: 1.13mg (6.26%), Potassium: 184.55mg (5.27%), Vitamin K: 5.1µg (4.85%), Vitamin B6: 0.09mg (4.5%), Copper: 0.08mg (4.19%), Zinc: 0.58mg (3.85%), Calcium: 37.62mg (3.76%), Magnesium: 13.28mg (3.32%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.32µg (2.16%)