



## Easy King Cake

READY IN



45 min.

SERVINGS



8

CALORIES



452 kcal

DESSERT

## Ingredients

- ☐ 16 oz biscuits . we use "grands" canned (regular, not the layered kind but the regular)
- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon cinnamon
- ☐ 12 inches giant
- ☐ 8 servings purple green yellow
- ☐ 0.3 cup sugar

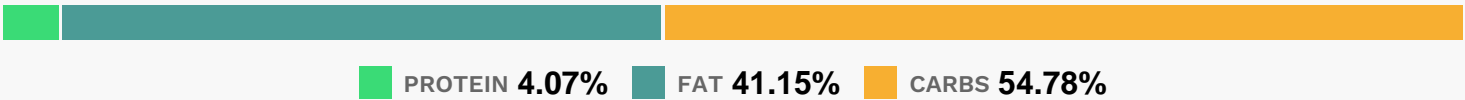
## Equipment

- ☐ oven

# Directions

- ☐ Paint the dough with butter, then mix sugar and cinnamon together and sprinkle evenly over dough.
- ☐ Lay babies somewhere on the dough.
- ☐ Roll the dough up into a cylinder and pinch as tightly as possible to seal. Shape the cylinder into a round.
- ☐ Bake for 35 minutes.
- ☐ Let cool slightly, then spoon icing over top and let it fall down sides.
- ☐ Sprinkle sugar on top.Ready to eat! It tastes best shortly after being made, but also tastes good the next day.
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# Nutrition Facts



# Properties

Glycemic Index:33.72, Glycemic Load:34.04, Inflammation Score:-6, Nutrition Score:9.6543478324361%

# Flavonoids

Cyanidin: 8.5mg, Cyanidin: 8.5mg, Cyanidin: 8.5mg, Cyanidin: 8.5mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 4.36mg, Catechin: 4.36mg, Catechin: 4.36mg, Catechin: 4.36mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 4.83mg, Epicatechin: 4.83mg, Epicatechin: 4.83mg, Epicatechin: 4.83mg Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg Gallocatechin: 0.14mg,

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Nutrients (% of daily need)

Calories: 452.42kcal (22.62%), Fat: 21.12g (32.49%), Saturated Fat: 8.28g (51.74%), Carbohydrates: 63.27g (21.09%), Net Carbohydrates: 59.76g (21.73%), Sugar: 33.59g (37.32%), Cholesterol: 15.25mg (5.08%), Sodium: 246.15mg (10.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Manganese: 0.53mg (26.55%), Vitamin C: 14.38mg (17.43%), Vitamin B1: 0.25mg (16.43%), Vitamin K: 16.71µg (15.92%), Vitamin A: 749.93IU (15%), Fiber: 3.5g (14.02%), Folate: 54.43µg (13.61%), Vitamin B2: 0.22mg (13.15%), Vitamin E: 1.97mg (13.12%), Vitamin B3: 2.57mg (12.85%), Iron: 2.08mg (11.58%), Selenium: 6.06µg (8.66%), Potassium: 301.6mg (8.62%), Copper: 0.15mg (7.6%), Phosphorus: 71.12mg (7.11%), Magnesium: 21.27mg (5.32%), Vitamin B6: 0.09mg (4.56%), Vitamin B5: 0.4mg (4.03%), Zinc: 0.51mg (3.39%), Calcium: 29.02mg (2.9%)