



Fruit Kuchen

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



3

CALORIES



856 kcal

SIDE DISH

Ingredients

- 1 tablespoon ground cinnamon
- 3 cups prune- cut to pieces pitted
- 2 cups cup heavy whipping cream sour
- 1.5 cups water
- 0.5 cup sugar white
- 16 ounce roll mix hot
- 16 ounce roll mix hot

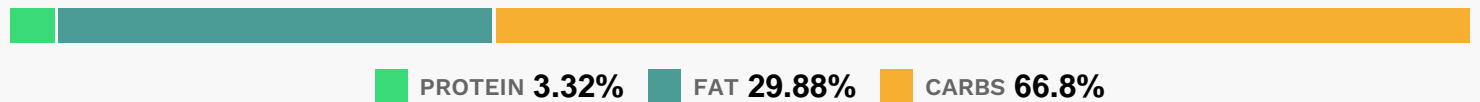
Equipment

- bowl
- sauce pan
- oven

Directions

- Prepare the hot roll mix according to manufacturers instructions, adding the 2 tablespoons of sugar. Cover dough and put in a warm draft free place to rise.
- Let rise until doubled, then punch down and divide into three pieces.
- Roll pieces of dough out into a circle about 8 or 9 inches in diameter.
- Place dough into three greased 8 or 9 inch pans, and let rise until doubled.
- In a saucepan over medium heat, combine the prunes and water. Simmer for 5 minutes, then remove from heat and cover. In a small bowl or cup, stir together the remaining sugar and cinnamon. Set aside.
- Preheat oven to 375 degrees F (190 degrees C). When the dough has risen, spread the prune puree over the three cakes. Stir sour cream to soften, and spread over the prunes. Dust with the cinnamon sugar mixture.
- Bake for 20 to 25 minutes in the preheated oven, until top edges are golden. Cover with more sour cream and cinnamon sugar if desired before serving.

Nutrition Facts



Properties

Glycemic Index:34.7, Glycemic Load:51.97, Inflammation Score:-9, Nutrition Score:23.391739161118%

Flavonoids

Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 856.12kcal (42.81%), Fat: 30.55g (47%), Saturated Fat: 15.65g (97.81%), Carbohydrates: 153.63g (51.21%), Net Carbohydrates: 139.86g (50.86%), Sugar: 104.85g (116.5%), Cholesterol: 90.47mg (30.16%), Sodium: 57.53mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Vitamin K: 106.66µg (101.58%), Fiber: 13.77g (55.08%), Manganese: 1mg (50.21%), Vitamin A: 2322.07IU (46.44%), Potassium: 1477.51mg (42.21%), Vitamin B2: 0.59mg (34.63%), Copper: 0.55mg (27.34%), Calcium: 260.29mg (26.03%), Phosphorus: 238.3mg (23.83%), Magnesium: 89.46mg (22.36%), Vitamin B6: 0.42mg (21.19%), Vitamin B3: 3.45mg (17.25%), Vitamin B5: 1.26mg (12.59%), Iron: 1.96mg (10.91%), Vitamin E: 1.39mg (9.28%), Selenium: 6.48µg (9.25%), Zinc: 1.34mg (8.9%), Vitamin B1: 0.12mg (8%), Vitamin B12: 0.32µg (5.37%), Folate: 16.32µg (4.08%), Vitamin C: 2.53mg (3.06%)