



German Plum Rolls (Zwetschgenschnecken)

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



427 kcal

BREAD

Ingredients

- ☐ 1 cup almonds chopped
- ☐ 0.3 cup double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 1.3 cups cream cheese
- ☐ 4 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 0.9 cup plum butter

- ☐ 1.8 pounds plums diced pitted
- ☐ 1 pinch salt
- ☐ 0.5 cup vegetable oil
- ☐ 0.6 cup sugar white

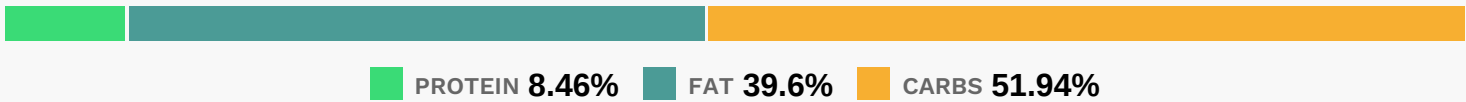
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ springform pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 10-inch springform pan.
- ☐ Place a skillet over medium-high heat. Toast the almonds in the hot skillet until they turn brown; set aside to cool.
- ☐ Combine the cream cheese, milk, oil, salt, sugar, and cinnamon in a bowl.
- ☐ Mix in the flour and baking powder; knead together until smooth.
- ☐ Place the dough on a lightly floured surface, and roll the dough into a 20-inch square.
- ☐ Spread the plum butter, plums, and toasted almonds over the dough.
- ☐ Roll the dough up tightly like a jelly roll.
- ☐ Cut into 12 even slices. Arrange rolls in prepared pan.
- ☐ Brush butter over top of the rolls.
- ☐ Bake in preheated oven until golden brown, 40 to 55 minutes.

Nutrition Facts



Properties

Glycemic Index:37.04, Glycemic Load:35.21, Inflammation Score:-7, Nutrition Score:15.163043400516%

Flavonoids

Cyanidin: 4.69mg, Cyanidin: 4.69mg, Cyanidin: 4.69mg, Cyanidin: 4.69mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg Epicatechin 3–gallate: 0.59mg, Epicatechin 3–gallate: 0.59mg, Epicatechin 3–gallate: 0.59mg, Epicatechin 3–gallate: 0.59mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 426.92kcal (21.35%), Fat: 19.32g (29.72%), Saturated Fat: 7.29g (45.57%), Carbohydrates: 57.03g (19.01%), Net Carbohydrates: 53.22g (19.35%), Sugar: 20.22g (22.47%), Cholesterol: 31.71mg (10.57%), Sodium: 624.83mg (27.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.29g (18.58%), Calcium: 371.93mg (37.19%), Manganese: 0.63mg (31.52%), Phosphorus: 260.74mg (26.07%), Vitamin B2: 0.44mg (25.7%), Vitamin B1: 0.39mg (25.67%), Vitamin E: 3.71mg (24.72%), Selenium: 17.08µg (24.4%), Folate: 87.75µg (21.94%), Iron: 3.1mg (17.22%), Vitamin B3: 3.25mg (16.27%), Fiber: 3.81g (15.23%), Vitamin A: 683.85IU (13.68%), Magnesium: 51.78mg (12.95%), Copper: 0.23mg (11.69%), Vitamin C: 7.43mg (9.01%), Vitamin K: 9.24µg (8.8%), Potassium: 305.69mg (8.73%), Zinc: 0.92mg (6.11%), Vitamin B5: 0.53mg (5.29%), Vitamin B6: 0.08mg (3.9%), Vitamin B12: 0.11µg (1.91%)