



## Glazed Apple Lattice Coffee Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



305 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 1 package active yeast dry
- ☐ 2 cups all purpose flour
- ☐ 2 large egg yolks
- ☐ 6 tablespoons brown sugar packed ()
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 teaspoon lemon zest finely grated

- ☐ 2 tablespoons orange juice ( )
- ☐ 1 teaspoon orange peel finely grated
- ☐ 1.5 cups powdered sugar
- ☐ 1.3 pounds golden delicious apples cored peeled quartered ( 3 medium)
- ☐ 1 teaspoon salt
- ☐ 6 tablespoons sugar
- ☐ 2 tablespoons butter unsalted ( )
- ☐ 0.3 cup vanilla wafers crumbled soft finely
- ☐ 2 tablespoons warm water (105°F to 115°F)
- ☐ 0.5 cup milk whole

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ spatula

## Directions

- ☐ Place 2 tablespoons warm water in small cup.
- ☐ Mix in yeast.
- ☐ Let stand until yeast dissolves, about 6 minutes.
- ☐ Stir milk, sugar, butter, and salt in medium saucepan over medium-low heat just until sugar dissolves and butter melts (mixture should be just warm). Scrape milk mixture into large bowl;

cool to lukewarm if necessary.

- ☐ Whisk in yeast mixture, egg yolks, orange peel, and spices.
- ☐ Add 2 cups flour; mix with rubber spatula until dough comes together. Turn dough out onto floured work surface. Knead until smooth and silky, sprinkling with more flour by tablespoonfuls as needed, about 6 minutes.
- ☐ Place in clean large bowl. Cover with plastic wrap and kitchen towel.
- ☐ Place in warm draft-free area; let rise until light and almost doubled in volume, about 2 1/2 hours.
- ☐ Melt butter in heavy medium skillet over medium-high heat.
- ☐ Add brown sugar. Cook until thick grainy sauce forms, about 1 minute.
- ☐ Mix in apples. Cook until apples are tender and sauce is reduced to glaze, tossing often, about 7 minutes.
- ☐ Mix in all grated peel and spices. Cool filling at least 30 minutes and up to 3 hours.
- ☐ Place large sheet of foil on work surface; spray with nonstick spray. Turn dough out onto foil.
- ☐ Roll out to 14x12-inch rectangle.
- ☐ Sprinkle cookie crumbs in 4-inch-wide strip down center, leaving 1/2-inch border at top and bottom. Arrange apples with any juices atop crumbs. Starting 1/2 inch from each long side of apples, cut straight to edge of dough at 1-inch intervals, making about 13 strips on each side. Fold dough strips alternately and on slight angle over filling, forming lattice. Seal open ends of dough.
- ☐ Slide foil with dough onto large rimmed baking sheet; trim foil overhang. Cover cake loosely with plastic and towel.
- ☐ Place cake in warm draft-free area; let dough rise until light and puffy, about 1 3/4 hours.
- ☐ Preheat oven to 375°F.
- ☐ Bake cake uncovered until golden brown, 30 to 35 minutes. Gently run spatula under cake to loosen from foil. Cool 30 minutes.
- ☐ Mix powdered sugar and 2 tablespoons orange juice in small bowl to blend, adding more juice by 1/2 teaspoonfuls if too thick.
- ☐ Drizzle glaze over cake.
- ☐ Cut crosswise into slices.
- ☐ Serve slightly warm or at room temperature.

# Nutrition Facts



 **PROTEIN 5.35%**  **FAT 13.39%**  **CARBS 81.26%**

## Properties

Glycemic Index:42.41, Glycemic Load:23.32, Inflammation Score:-3, Nutrition Score:6.7126086846642%

## Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

## Nutrients (% of daily need)

Calories: 305.42kcal (15.27%), Fat: 4.64g (7.14%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 63.31g (21.1%), Net Carbohydrates: 60.92g (22.15%), Sugar: 39.81g (44.23%), Cholesterol: 44.24mg (14.75%), Sodium: 257.96mg (11.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Vitamin B1: 0.31mg (20.99%), Folate: 73.31µg (18.33%), Selenium: 10.94µg (15.63%), Vitamin B2: 0.22mg (12.74%), Manganese: 0.23mg (11.34%), Vitamin B3: 1.95mg (9.73%), Fiber: 2.39g (9.56%), Iron: 1.43mg (7.93%), Phosphorus: 66.58mg (6.66%), Vitamin C: 4.85mg (5.88%), Vitamin B5: 0.41mg (4.07%), Potassium: 138.33mg (3.95%), Calcium: 36mg (3.6%), Vitamin A: 177.44IU (3.55%), Vitamin B6: 0.07mg (3.47%), Copper: 0.07mg (3.3%), Magnesium: 11.7mg (2.92%), Zinc: 0.4mg (2.64%), Vitamin D: 0.36µg (2.4%), Vitamin B12: 0.14µg (2.29%), Vitamin E: 0.28mg (1.87%), Vitamin K: 1.62µg (1.54%)