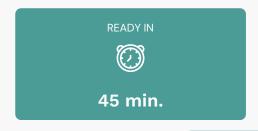


Glazed Apple Lattice Coffee Cake

Vegetarian







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 ()
O.1 teaspoon ground cardamom
0.5 teaspoon ground cinnamon
O.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
Ec	Juipment
	bowl
	frying pan
	baking sheet
	sauce pan
	oven
	whisk
	plastic wrap
	aluminum foil
	kitchen towels
	spatula
Di	rections
	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 bowless

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: 0.0

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 %: O% (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 B1: 0.14µg (2.29%), Vitamin E: 0.28mg (1.87%), Vitamin K: 1.62µg (1.54%)