



Glazed Plum-Raspberry Kuchen

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



215 kcal

SIDE DISH

Ingredients

- 1 package yeast dry
- 1 large eggs lightly beaten
- 2.8 cups flour all-purpose
- 0.3 cup butter melted
- 2 cups plums sliced
- 1 cup raspberries fresh
- 3 tablespoons raspberry jam seedless melted
- 0.5 teaspoon salt

- 0.3 cup sugar divided
- 0.3 cup sugar
- 0.5 cup water (105° to 115°)

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- knife
- wire rack
- pizza pan
- aluminum foil
- measuring cup

Directions

- Dissolve the yeast and 1 tablespoon sugar in warm water in a small bowl, and let stand 5 minutes. Lightly spoon the flour into dry measuring cups, and level with a knife.
- Place flour, 3 tablespoons sugar, and salt in a food processor, and pulse 3 times or until blended. With processor on, slowly add the yeast mixture, margarine, and egg through food chute, and process until the dough forms a ball. Process the mixture 1 additional minute. Turn dough out onto a lightly floured surface, and knead lightly 4 to 5 times.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until dough is doubled in bulk.
- Preheat oven to 42
- Punch dough down. Pat dough into a 12-inch pizza pan coated with cooking spray, and place pan on a large foil-lined baking sheet. Arrange the plum slices in concentric circles over dough, and gently press plum slices into dough.
- Sprinkle 1/3 cup sugar over plum slices, and top with raspberries.

Bake kuchen at 425 for 20 minutes or until puffy and edges are well-browned.

Remove from oven, and drizzle with melted jam. Cool on a wire rack.

Nutrition Facts

PROTEIN 7.54% **FAT 19.49%** **CARBS 72.97%**

Properties

Glycemic Index:27.9, Glycemic Load:25.67, Inflammation Score:-4, Nutrition Score:6.5686956851379%

Flavonoids

Cyanidin: 6.13mg, Cyanidin: 6.13mg, Cyanidin: 6.13mg, Cyanidin: 6.13mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 215.31kcal (10.77%), Fat: 4.7g (7.24%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 39.63g (13.21%), Net Carbohydrates: 37.61g (13.67%), Sugar: 15.39g (17.1%), Cholesterol: 15.5mg (5.17%), Sodium: 150.57mg (6.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Vitamin B1: 0.3mg (20.19%), Folate: 72.1µg (18.03%), Selenium: 11.21µg (16.02%), Manganese: 0.28mg (14.11%), Vitamin B2: 0.2mg (11.9%), Vitamin B3: 2.11mg (10.53%), Iron: 1.56mg (8.67%), Fiber: 2.02g (8.08%), Vitamin C: 5.68mg (6.89%), Vitamin A: 289.84IU (5.8%), Phosphorus: 52.24mg (5.22%), Copper: 0.08mg (3.94%), Vitamin B5: 0.34mg (3.43%), Potassium: 106.3mg (3.04%), Magnesium: 11.69mg (2.92%), Vitamin K: 2.64µg (2.52%), Zinc: 0.38mg (2.5%), Vitamin E: 0.37mg (2.48%), Vitamin B6: 0.04mg (2.17%), Calcium: 13.83mg (1.38%)