



Holiday Coffeecake Wreaths

READY IN



45 min.

SERVINGS



12

CALORIES



353 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.3 cup candied cherries green
- ☐ 0.3 cup candied cherries red
- ☐ 2 large eggs divided
- ☐ 3.5 cups flour all-purpose divided
- ☐ 1 teaspoon ground cardamom
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup milk
- ☐ 12 pecan halves

- ☐ 1.5 cups powdered sugar sifted
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup water
- ☐ 2 tablespoons water boiling
- ☐ 0.5 ounce rapid-rise yeast

Equipment

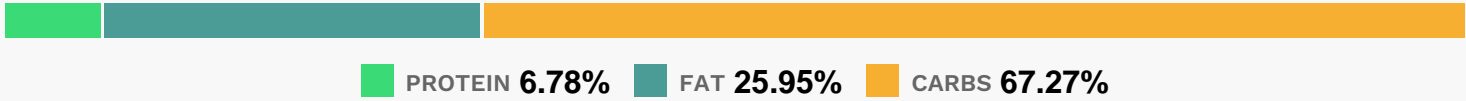
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Combine 1/2 cup water, milk, and butter in a saucepan; heat, stirring constantly, until butter melts. Cool to 120 to 130
- ☐ Combine 3 1/2 cups flour and next 5 ingredients in a bowl. Gradually add milk mixture to flour mixture, beating at high speed with an electric mixer until blended.
- ☐ Add 1 egg, and beat 2 minutes at medium speed. Gradually stir in enough of remaining flour to make a soft dough.
- ☐ Turn dough onto a floured surface, and knead until smooth and elastic (about 10 minutes).
- ☐ Place in a well-greased bowl, turning to grease top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Punch dough down; turn out onto a lightly floured surface, and knead lightly 4 or 5 times. Divide dough in half. Divide each half into thirds.
- ☐ Roll 3 portions into 20-inch-long ropes, and place them side by side on a greased baking sheet; braid ropes, and shape into a ring. Pinch ends together to seal. Repeat procedure with remaining dough. Cover and let rise in a warm place (85), free from drafts, 30 minutes. Lightly beat remaining egg, and brush over braids.

- ☐ Bake at 350 for 20 to 25 minutes or until wreaths sound hollow when tapped. Cool on wire racks.
- ☐ Stir together powdered sugar, 2 tablespoons boiling water, and lemon juice; drizzle over wreaths. Decorate with candied cherries and pecan halves.

Nutrition Facts



Properties

Glycemic Index:21.41, Glycemic Load:26.74, Inflammation Score:-5, Nutrition Score:8.6760870872632%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 352.62kcal (17.63%), Fat: 10.27g (15.8%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 59.92g (19.97%), Net Carbohydrates: 57.95g (21.07%), Sugar: 24.21g (26.9%), Cholesterol: 32.22mg (10.74%), Sodium: 302.72mg (13.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.07%), Vitamin B1: 0.44mg (29.52%), Folate: 99.11µg (24.78%), Selenium: 15.42µg (22.03%), Manganese: 0.38mg (19.12%), Vitamin B2: 0.3mg (17.66%), Vitamin B3: 2.73mg (13.67%), Iron: 2.09mg (11.63%), Phosphorus: 84.65mg (8.46%), Vitamin A: 400.65IU (8.01%), Fiber: 1.96g (7.85%), Copper: 0.1mg (5.16%), Vitamin B5: 0.51mg (5.09%), Potassium: 140.2mg (4.01%), Zinc: 0.59mg (3.93%), Magnesium: 15.25mg (3.81%), Vitamin B6: 0.07mg (3.51%), Calcium: 29.91mg (2.99%), Vitamin E: 0.43mg (2.86%), Vitamin B12: 0.14µg (2.32%), Vitamin D: 0.28µg (1.86%), Vitamin C: 0.88mg (1.07%)