



King Cake

 Vegetarian

READY IN



775 min.

SERVINGS



12

CALORIES



506 kcal

DESSERT

Ingredients

- ☐ 1 package active yeast dry
- ☐ 0.3 cup bourbon
- ☐ 2.5 cups bread flour for dusting plus more
- ☐ 0.5 cup confectioners' sugar
- ☐ 0.8 cup brown sugar dark packed
- ☐ 2 large egg yolks
- ☐ 0.5 cup golden raisins
- ☐ 3 tablespoons granulated sugar

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 plastic king cake baby dry available at party-supply stores or mardigrasday.com
- ☐ 1 lemon zest finely grated
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 2 teaspoons orange zest grated
- ☐ 0.7 cup pecans toasted chopped
- ☐ 12 servings purple green for decorating
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 1.5 sticks butter unsalted cooled melted plus more for greasing the bowl
- ☐ 1 teaspoon vanilla extract

Equipment

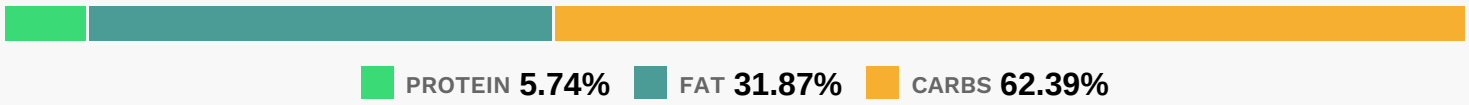
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Special equipment: 1 dry bean or plastic King Cake baby (available at party-supply stores or mardigrasday.com)
- ☐ Heat the milk in a saucepan until scalding; transfer to a food processor, add the yeast and pulse to combine.
- ☐ Add 1/2 cup flour and the egg yolks; process to combine.
- ☐ Pour the remaining 2 cups flour evenly over the yeast mixture; do not process.
- ☐ Put the lid on; set aside for 90 minutes.

- ☐ Add the 2 whole eggs, granulated sugar, lemon zest, salt and nutmeg to the food processor; process to make a slightly textured dough, about 1 minute. With the machine running, slowly add the butter to make a smooth, sticky dough.
- ☐ Transfer the dough to a lightly buttered bowl and cover tightly with plastic wrap; let rise in a warm place for 3 hours. Turn the dough out onto a clean surface and knead briefly; form into a ball and return to the bowl. Cover tightly with plastic wrap and refrigerate for 8 hours or overnight.
- ☐ Plump the raisins in the bourbon in a small saucepan over medium heat.
- ☐ Remove from the heat and add the brown sugar, pecans, vanilla, cinnamon, orange zest, salt and the bean or plastic baby; mix until combined and set aside.
- ☐ On a floured surface, roll the dough into a 20-by-7-inch rectangle, with the long edge facing you. Spoon the filling in an even layer over the dough, leaving a 1-inch border along the top and bottom. Fold the bottom and then the top edge over the filling to make a tight roll; pinch to seal.
- ☐ Transfer the roll seam-side down to a parchment-lined baking sheet; tuck one end into the other to form a ring. Cover loosely with plastic wrap and set aside in a warm place until the roll doubles in size, about 2 hours.
- ☐ Preheat the oven to 350 degrees.
- ☐ Bake the cake until firm and golden brown, about 40 minutes. Cool on a rack.
- ☐ Mix 3 tablespoons water with the confectioners' sugar; brush 3 tablespoons glaze over the cake.
- ☐ Sprinkle with bands of colored sugar; drizzle with more glaze.
- ☐ Photograph by Lara Robby/Studio D

Nutrition Facts



Properties

Glycemic Index:30.87, Glycemic Load:22.92, Inflammation Score:-7, Nutrition Score:11.367391223493%

Flavonoids

Cyanidin: 9.09mg, Cyanidin: 9.09mg, Cyanidin: 9.09mg, Cyanidin: 9.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg

Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 4.88mg, Epicatechin: 4.88mg, Epicatechin: 4.88mg, Epicatechin: 4.88mg Epicatechin 3–gallate: 1.15mg, Epicatechin 3–gallate: 1.15mg, Epicatechin 3–gallate: 1.15mg, Epicatechin 3–gallate: 1.15mg Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 505.75kcal (25.29%), Fat: 18.03g (27.74%), Saturated Fat: 8.32g (52%), Carbohydrates: 79.44g (26.48%), Net Carbohydrates: 75.45g (27.44%), Sugar: 49.69g (55.21%), Cholesterol: 87.28mg (29.09%), Sodium: 409.15mg (17.79%), Alcohol: 1.78g (100%), Alcohol %: 0.85% (100%), Protein: 7.31g (14.61%), Manganese: 0.65mg (32.53%), Selenium: 14.99µg (21.42%), Vitamin A: 970.1IU (19.4%), Vitamin C: 15.71mg (19.04%), Fiber: 3.98g (15.94%), Vitamin B1: 0.24mg (15.71%), Phosphorus: 132.04mg (13.2%), Copper: 0.25mg (12.73%), Folate: 47.87µg (11.97%), Vitamin B2: 0.2mg (11.54%), Potassium: 399.31mg (11.41%), Vitamin K: 11.28µg (10.74%), Iron: 1.64mg (9.12%), Vitamin B3: 1.78mg (8.9%), Magnesium: 31.84mg (7.96%), Vitamin B5: 0.72mg (7.2%), Vitamin E: 1.05mg (7.01%), Calcium: 67.78mg (6.78%), Vitamin B6: 0.13mg (6.42%), Zinc: 0.94mg (6.23%), Vitamin D: 0.49µg (3.26%), Vitamin B12: 0.18µg (2.94%)