



King Cake

READY IN



45 min.

SERVINGS



20

CALORIES



316 kcal

DESSERT

Ingredients

- 0.5 ounce active yeast dry
- 0.3 cup butter
- 0.3 cup butter softened
- 20 servings colored sugars
- 2 large eggs
- 6 cups flour all-purpose divided
- 1.5 teaspoons ground cinnamon
- 1 teaspoon salt
- 16 ounce cup heavy whipping cream sour

- 0.3 cup sugar
- 0.5 cup sugar
- 1 tablespoon sugar
- 0.5 cup warm water (100° to 110°)

Equipment

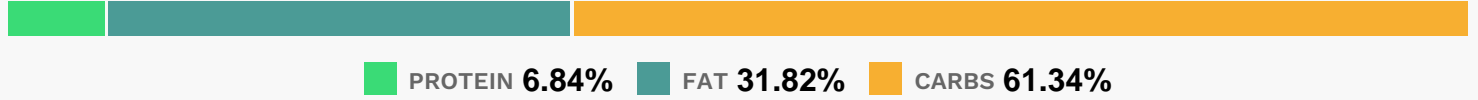
- bowl
- baking sheet
- sauce pan
- oven
- hand mixer

Directions

- Cook first 4 ingredients in a saucepan over low heat, stirring often, until butter melts. Cool mixture to 100 to 11
- Dissolve yeast and 1 tablespoon sugar in 1/2 cup warm water in a large bowl; let stand 5 minutes.
- Add butter mixture, eggs, and 2 cups flour; beat at medium speed with an electric mixer 2 minutes or until smooth. Gradually stir in enough remaining flour to make a soft dough.
- Turn dough onto a lightly floured surface; 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.
- Stir together 1/2 cup sugar and cinnamon; set aside.
- Punch dough down; divide in half. Turn 1 portion out onto a lightly floured surface; roll to a 28-x 10-inch rectangle.
- Spread half each of cinnamon mixture and softened butter on dough.
- Roll dough, jellyroll fashion, starting at long side.
- Place dough roll, seam side down, on a lightly greased baking sheet. Bring ends together to form an oval ring, moistening and pinching edges together to seal. Repeat with remaining dough, cinnamon mixture, and butter.

- Cover and let rise in a warm place, free from drafts, 20 minutes or until doubled in bulk.
- Bake at 375 for 15 minutes or until golden. Decorate with bands of Colored Frostings, and sprinkle with Colored Sugars.
- Note: Once the cake has cooled, randomly insert a plastic baby doll, if desired, before frosting.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:26.94, Inflammation Score:-5, Nutrition Score:7.4439129660959%

Nutrients (% of daily need)

Calories: 315.53kcal (15.78%), Fat: 11.18g (17.2%), Saturated Fat: 4.1g (25.62%), Carbohydrates: 48.47g (16.16%), Net Carbohydrates: 47.19g (17.16%), Sugar: 18.91g (21.01%), Cholesterol: 31.98mg (10.66%), Sodium: 194.35mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Vitamin B1: 0.38mg (25.3%), Folate: 89µg (22.25%), Selenium: 15.2µg (21.72%), Vitamin B2: 0.28mg (16.4%), Manganese: 0.29mg (14.44%), Vitamin B3: 2.53mg (12.64%), Iron: 1.88mg (10.43%), Vitamin A: 405.56IU (8.11%), Phosphorus: 73.77mg (7.38%), Fiber: 1.28g (5.13%), Vitamin B5: 0.42mg (4.19%), Calcium: 35.37mg (3.54%), Copper: 0.07mg (3.35%), Zinc: 0.46mg (3.08%), Magnesium: 11.85mg (2.96%), Vitamin E: 0.37mg (2.47%), Potassium: 85.77mg (2.45%), Vitamin B6: 0.05mg (2.29%), Vitamin B12: 0.1µg (1.65%)