



King Cake

READY IN



45 min.

SERVINGS



18

CALORIES



263 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 packages yeast dry
- ☐ 5 egg yolks
- ☐ 4 cups flour all-purpose divided
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.5 cup warm milk (105° to 115°)
- ☐ 1 pecan half dried
- ☐ 18 servings purple green

- ☐ 2 teaspoons salt
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons sugar
- ☐ 0.5 cup warm water (105° to 115°)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Combine water, yeast, and 2 teaspoons sugar in a small bowl.
- ☐ Mix well; let stand 5 minutes or until bubbly.
- ☐ Combine 4 cups flour, 1/2 cup sugar, salt, nutmeg, and lemon rind; add warm milk, melted butter, egg yolks, and yeast mixture. Beat until smooth.
- ☐ Turn dough out onto a lightly floured surface; knead in enough remaining flour to make a stiff dough. Continue kneading 8 to 10 minutes or until dough is smooth and elastic.
- ☐ Place dough in a 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, and place on a lightly floured surface.
- ☐ Sprinkle with citron, if desired, and knead until citron is evenly distributed. Shape dough into a cylinder 30 inches long.
- ☐ Place cylinder on a greased baking sheet; shape into a ring, pinching ends together to seal.
- ☐ Place a well-greased 2-pound coffee can in center of ring to maintain shape during baking.
- ☐ Press bean or pecan gently into ring from bottom so it is completely hidden by dough. Cover ring with a towel, and repeat rising procedure 45 minutes or until doubled in bulk.
- ☐ Bake at 350 for 25 minutes or until golden brown.
- ☐ Remove coffee can and place cake on wire rack to cool.
- ☐ Drizzle cake with glaze; sprinkle with sugar crystals, alternating colors.

Nutrition Facts



■ PROTEIN 7.89% ■ FAT 24.95% ■ CARBS 67.16%

Properties

Glycemic Index:20.66, Glycemic Load:25.51, Inflammation Score:-7, Nutrition Score:9.8065218303515%

Flavonoids

Cyanidin: 8.51mg, Cyanidin: 8.51mg, Cyanidin: 8.51mg, Cyanidin: 8.51mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 4.37mg, Catechin: 4.37mg, Catechin: 4.37mg, Catechin: 4.37mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 4.83mg, Epicatechin: 4.83mg, Epicatechin: 4.83mg, Epicatechin: 4.83mg Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 262.88kcal (13.14%), Fat: 7.49g (11.52%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 45.34g (15.11%), Net Carbohydrates: 42.23g (15.36%), Sugar: 21.44g (23.82%), Cholesterol: 54.81mg (18.27%), Sodium: 324.19mg (14.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Vitamin B1: 0.36mg (24.01%), Folate: 84.06µg (21.02%), Selenium: 12.45µg (17.78%), Vitamin C: 14.51mg (17.58%), Vitamin A: 829.79IU (16.6%), Vitamin B2: 0.25mg (14.53%), Manganese: 0.28mg (14.05%), Vitamin B3: 2.59mg (12.97%), Fiber: 3.12g (12.46%), Iron: 1.71mg (9.5%), Vitamin K: 9.81µg (9.34%), Phosphorus: 87.38mg (8.74%), Potassium: 293.54mg (8.39%), Copper: 0.14mg (6.86%), Vitamin B5: 0.61mg (6.12%), Vitamin E: 0.74mg (4.92%), Magnesium: 18.74mg (4.69%), Vitamin B6: 0.09mg (4.52%), Zinc: 0.56mg (3.72%), Calcium: 30.96mg (3.1%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.34µg (2.3%)