

King Cake

 Popular

READY IN



165 min.

SERVINGS



8

CALORIES



668 kcal

DESSERT

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 0.5 cup butter melted
- ☐ 2 cups confectioners' sugar
- ☐ 8 ounce cream cheese
- ☐ 5 egg yolks
- ☐ 4 cups flour all-purpose
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.3 cup juice of lemon

- ☐ 1 teaspoon lemon zest grated
- ☐ 1 tablespoon multicolored candy sprinkles
- ☐ 1 cup warm milk (110 degrees F/45 degrees C)
- ☐ 2 tablespoons milk
- ☐ 2 teaspoons salt
- ☐ 0.5 cup sugar white

Equipment

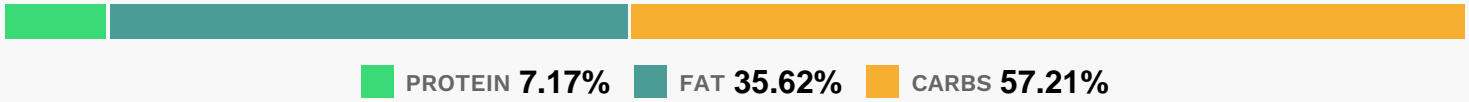
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl, dissolve yeast and white sugar in warm milk.
- ☐ Let stand until creamy, about 10 minutes.
- ☐ Stir the egg yolks and melted butter into the milk mixture. In a separate bowl, combine the flour, salt, nutmeg and lemon zest. Beat the flour mixture into the milk/egg mixture 1 cup at a time. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 2 hours.
- ☐ In a small bowl, combine the cream cheese and 1/2 cup confectioners' sugar.
- ☐ Mix well. In another small bowl, combine the remaining 2 cups confectioners' sugar, lemon juice and 2 tablespoons milk.
- ☐ Mix well and set aside.
- ☐ Turn the dough out onto a floured surface.
- ☐ Roll the dough out into a 6x30 inch rectangle.
- ☐ Spread the cream cheese filling across the center of the dough. Bring the two long edges together and seal completely. Using your hands shape the dough into a long cylinder and place on a greased baking sheet, seam-side down. Shape the dough into a ring press the baby into the ring from the bottom so that it is completely hidden by the dough.

- ☐
- Place a well-greased 2 pound metal coffee can the center of the ring to maintain the shape during baking. Cover the ring with a towel and place in a warm place to rise until doubled in size, about 45 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- ☐
- Bake in preheated oven until golden brown, about 30 minutes.
- ☐
- Remove the coffee can and allow the bread to cool.
- ☐
- Drizzle cooled cake with lemon/sugar glaze and decorate with candy sprinkles.

Nutrition Facts



Properties

Glycemic Index:46.01, Glycemic Load:44.32, Inflammation Score:-7, Nutrition Score:15.773913181346%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 668.19kcal (33.41%), Fat: 26.66g (41.02%), Saturated Fat: 15.18g (94.88%), Carbohydrates: 96.34g (32.11%), Net Carbohydrates: 94.03g (34.19%), Sugar: 46.2g (51.33%), Cholesterol: 185.02mg (61.67%), Sodium: 784.29mg (34.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.08g (24.16%), Vitamin B1: 0.73mg (48.97%), Selenium: 31.13µg (44.47%), Folate: 176.99µg (44.25%), Vitamin B2: 0.57mg (33.29%), Manganese: 0.45mg (22.69%), Vitamin B3: 4.48mg (22.42%), Phosphorus: 192.17mg (19.22%), Vitamin A: 957.97IU (19.16%), Iron: 3.35mg (18.6%), Vitamin B5: 1.17mg (11.65%), Calcium: 101.63mg (10.16%), Fiber: 2.32g (9.26%), Vitamin B12: 0.49µg (8.2%), Zinc: 1.15mg (7.65%), Vitamin B6: 0.14mg (6.75%), Vitamin D: 0.98µg (6.56%), Vitamin E: 0.93mg (6.2%), Copper: 0.12mg (5.96%), Magnesium: 23.18mg (5.8%), Potassium: 198.36mg (5.67%), Vitamin C: 3.3mg (4%), Vitamin K: 1.96µg (1.87%)