



Kugelhopf

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



470 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons yeast dry (less than 1 envelope)
- 0.5 ounces blanched almonds and whole
- 1 tablespoon powdered sugar
- 2 large eggs
- 3.8 cups flour all-purpose
- 1.5 cups golden raisins
- 6 tablespoons granulated sugar
- 1 teaspoon lemon zest fresh finely grated

- 1 teaspoon salt
- 7 tablespoons butter unsalted softened cut into tablespoon pieces and
- 2 tablespoons water (105–115°F)
- 1 cup milk whole

Equipment

- bowl
- frying pan
- oven
- blender
- plastic wrap
- aluminum foil
- kitchen towels

Directions

- Stir together yeast and water in a small bowl and let stand until foamy, 5 to 10 minutes. (If mixture doesn't foam, discard and start over with new yeast.)
- Heat milk with 6 tablespoons butter and granulated sugar over low heat, stirring, until mixture is warm (105 to 115°F), butter is melted, and sugar is dissolved.
- Sift together flour and salt into bowl of standing mixer. Make a well in flour and add yeast mixture.
- Add warm milk in a slow stream, mixing at low speed with paddle attachment. Increase speed to medium and beat in eggs 1 at a time, then beat in raisins and zest. Continue to beat until dough is smooth and elastic, about 5 minutes. (Dough will be very sticky.)
- Butter kugelhof mold with remaining tablespoon butter. Put 1 almond in each depression in bottom of mold (the almonds are only decorative; you can skip them altogether if your mold has no depressions), then scrape spoonfuls of dough evenly into mold (dough will be very elastic). Cover top of mold with oiled plastic wrap and a kitchen towel and let dough rise in a warm place until it fills pan, about 2 hours.
- Preheat oven to 400°F.
- Remove towel from kugelhof and gently peel off plastic wrap.

Bake kugelhopp in middle of oven 15 minutes, then loosely cover mold with foil and continue to bake until golden and a tester inserted in center comes out clean, 20 to 25 minutes more. Cool in pan 2 minutes, then invert cake onto a rack to cool completely, about 1 hour. Dust with confectioners sugar.

· Kugelhopp is best eaten the same day it's made; however, leftovers are delicious toasted. Use a light-colored metal pan. Because they retain more heat, dark metal pans, including nonstick, will likely make your baked goods darker and decrease the cooking times.

Nutrition Facts

PROTEIN 8.58% **FAT 25.94%** **CARBS 65.48%**

Properties

Glycemic Index:29.97, Glycemic Load:50.81, Inflammation Score:-6, Nutrition Score:13.639130333196%

Flavonoids

Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 470.4kcal (23.52%), Fat: 13.8g (21.24%), Saturated Fat: 7.46g (46.62%), Carbohydrates: 78.43g (26.14%), Net Carbohydrates: 75.4g (27.42%), Sugar: 27.82g (30.92%), Cholesterol: 76.5mg (25.5%), Sodium: 326.75mg (14.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.27g (20.54%), Vitamin B1: 0.55mg (36.84%), Selenium: 24.76µg (35.37%), Folate: 128.83µg (32.21%), Vitamin B2: 0.48mg (28.4%), Manganese: 0.52mg (26.2%), Vitamin B3: 4.11mg (20.57%), Iron: 3.51mg (19.48%), Phosphorus: 165.31mg (16.53%), Fiber: 3.03g (12.11%), Copper: 0.22mg (10.84%), Potassium: 349.36mg (9.98%), Vitamin A: 423.29IU (8.47%), Vitamin B6: 0.17mg (8.25%), Magnesium: 32.96mg (8.24%), Calcium: 75.74mg (7.57%), Vitamin B5: 0.7mg (6.99%), Vitamin E: 0.92mg (6.13%), Zinc: 0.9mg (5.97%), Vitamin D: 0.77µg (5.13%), Vitamin B12: 0.3µg (4.95%), Vitamin K: 2.12µg (2.02%), Vitamin C: 1.19mg (1.45%)