



M'hanncha (Snake Cake)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



273 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 cup confectioners' sugar
- ☐ 2 egg yolks beaten
- ☐ 0.3 teaspoon ground cardamom
- ☐ 4 teaspoons ground cinnamon
- ☐ 1 tablespoon orange juice
- ☐ 1 tablespoon orange zest grated

- ☐ 1 tablespoon orange-flower water
- ☐ 0.8 cup butter unsalted melted ()
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon water

Equipment

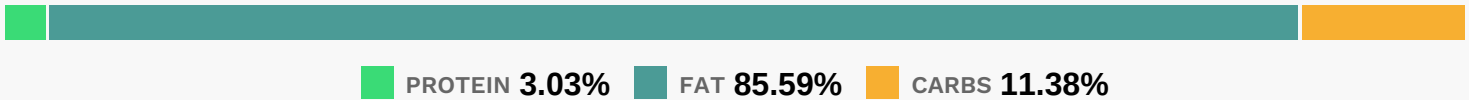
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Combine the almonds, confectioners' sugar, cinnamon, and cardamom in a food processor or blender and pulse to grind into a coarse meal.
- ☐ Add the butter and egg yolks and pulse until blended. Scrape the paste into a bowl, and stir in the orange-flower water, orange juice, orange zest, and vanilla. Divide the paste into 12 balls, and refrigerate for 30 minutes.
- ☐ Set the balls on a work surface dusted with confectioners' sugar.
- ☐ Roll each one into a 3 1/2-inch-long log. Refrigerate for 30 minutes.
- ☐ Preheat the oven to 350°F. Butter a large baking sheet. Dust a work surface with confectioners' sugar.
- ☐ Place a sheet of phyllo pastry on the sugared work surface, and fold it in thirds to form a 4-by 17-inch rectangle.
- ☐ Brush the sheet with melted butter.
- ☐ Add another folded phyllo sheet, brush with butter, and repeat, until you have four buttered sheets.
- ☐ Set four orange-almond paste logs in a row down one long end of the phyllo, and roll the pastry up over them into a cylinder. Fold over the ends and brush on some melted butter to seal the seams. Shape the cylinder into a small, tight coil and place on the baking sheet, seam side down.

- ☐ Repeat to prepare two more phyllo rolls.
- ☐ Add each to the end of the coil on the baking sheet, forming a large coil.
- ☐ Combine the egg yolks, water, and cinnamon.
- ☐ Brush the mixture over the top of the cake.
- ☐ Bake for 15 to 20 minutes, or until golden.
- ☐ Remove the cake from the oven, and let cool on the baking sheet.
- ☐ Stir together the confectioners' sugar and cinnamon.
- ☐ Sprinkle on the cake, and top with sliced almonds.
- ☐ Date-Lime Snake Cake
- ☐ For the paste, reduce the almonds to 1 1/2 cups, add 1 1/2 cups chopped dates, and replace the orange juice and zest with lime juice and zest.Individual Snake Cakes
- ☐ Cut the folded phyllo sheets into 4- by 10-inch pieces, and stack and butter as directed.
- ☐ Place one almond paste log on top of each stack, roll into a cylinder, and shape into a small coil.Walnut-Lemon Snake Cake
- ☐ For the paste, replace the almonds with walnuts, replace the orange juice and zest with lemon juice and zest, and add 1/4 teaspoon ground cardamom.
- ☐ Excerpted from A World of Cake: 150 Recipes for Sweet Traditions from Cultures Near and Far by Krystina Castella. © 2010 by Krystina Castella. Published by Storey Publishing. Photography © Renee Anjanette Photography, used with permission from Storey Publishing.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:4.7391304503316%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg

Naringenin: 0.08mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg
Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin:
0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 272.54kcal (13.63%), Fat: 26.55g (40.85%), Saturated Fat: 15.3g (95.63%), Carbohydrates: 7.95g (2.65%),
Net Carbohydrates: 6.53g (2.38%), Sugar: 5.46g (6.07%), Cholesterol: 125.81mg (41.94%), Sodium: 6.55mg (0.28%),
Alcohol: 0.23g (100%), Alcohol %: 0.54% (100%), Protein: 2.11g (4.22%), Manganese: 0.38mg (18.97%), Vitamin A:
809.94IU (16.2%), Vitamin E: 1.83mg (12.22%), Fiber: 1.41g (5.64%), Selenium: 3.89µg (5.56%), Vitamin B2: 0.09mg
(5.24%), Phosphorus: 50.49mg (5.05%), Vitamin D: 0.75µg (5%), Calcium: 42.33mg (4.23%), Vitamin C: 2.85mg
(3.46%), Magnesium: 12.94mg (3.24%), Folate: 12.54µg (3.13%), Copper: 0.06mg (2.87%), Vitamin B12: 0.17µg
(2.75%), Iron: 0.47mg (2.59%), Vitamin B5: 0.24mg (2.44%), Vitamin K: 2.5µg (2.38%), Zinc: 0.32mg (2.15%),
Potassium: 57.72mg (1.65%), Vitamin B6: 0.03mg (1.64%), Vitamin B1: 0.02mg (1.61%)