



Plum Kuchen

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



370 kcal

SIDE DISH

Ingredients

- ☐ 0.3 ounces yeast dry
- ☐ 1 large water warmed
- ☐ 2 cups flour all-purpose divided
- ☐ 1.5 teaspoon lemon zest grated
- ☐ 0.8 pound plums pitted halved (4 small)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup yogurt plain greek-style at room temperature (preferably)
- ☐ 8 servings yogurt plain sweetened greek-style (preferably)

- ☐ 1 cup sugar divided
- ☐ 1.3 sticks butter unsalted divided softened cut into tablespoons and ,
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.3 cup water (105–110°F)

Equipment

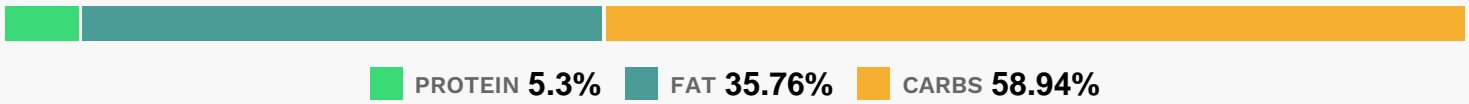
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen towels

Directions

- ☐ Stir together yeast and warm water in mixer bowl and let stand until foamy, about 5 minutes. (If mixture doesn't foam, start over with new yeast.)
- ☐ Add 2 cups flour, 2/3 cup sugar, salt, yogurt, egg, zest, and vanilla to yeast mixture and mix at medium–low speed 1 minute. Beat in 1 stick butter, 1 Tbsp at a time, until incorporated. Beat at medium speed until dough is smooth and shiny, about 5 minutes. (Dough will be very sticky.) Scrape down side of bowl and sprinkle dough with remaining 2 tablespoons flour. Cover bowl with a kitchen towel (not terry cloth) and let dough rise in a draft-free place at warm room temperature until doubled, 1 1/2 to 2 hours.
- ☐ Spread remaining 2 tablespoons butter in bottom of a 9–inch square baking pan and sprinkle with remaining 1/3 cup sugar.
- ☐ Cut each plum half into 5 or 6 slices and arrange in 1 layer pan.
- ☐ Stir dough until flour is incorporated, then spread evenly over plums. Loosely cover with buttered plastic wrap, then kitchen towel.
- ☐ Let rise in a draft-free place at warm room temperature until almost doubled, about 1 1/2 hours.
- ☐ Preheat oven to 375°F with rack in middle.

- ☐
- Bake until kuchen is golden-brown and a wooden pick inserted into center comes out clean, 30 to 35 minutes. Cool in pan 5 minutes, then invert and unmold onto a rack to cool completely.
- ☐
- Kuchen is best the day it is baked but can be kept, loosely covered, at room temperature 1 day.

Nutrition Facts



Properties

Glycemic Index:22.97, Glycemic Load:36.35, Inflammation Score:-5, Nutrition Score:7.7978261139082%

Flavonoids

Cyanidin: 2.39mg, Cyanidin: 2.39mg, Cyanidin: 2.39mg, Cyanidin: 2.39mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 369.79kcal (18.49%), Fat: 14.92g (22.96%), Saturated Fat: 9.15g (57.21%), Carbohydrates: 55.35g (18.45%), Net Carbohydrates: 53.63g (19.5%), Sugar: 30.6g (33.99%), Cholesterol: 38.29mg (12.76%), Sodium: 161.73mg (7.03%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 4.97g (9.95%), Vitamin B1: 0.36mg (24.24%), Folate: 82.58µg (20.65%), Selenium: 11.58µg (16.54%), Vitamin B2: 0.25mg (14.74%), Manganese: 0.24mg (12.1%), Vitamin B3: 2.41mg (12.05%), Vitamin A: 589.27IU (11.79%), Iron: 1.58mg (8.76%), Phosphorus: 76.12mg (7.61%), Fiber: 1.72g (6.87%), Vitamin C: 4.67mg (5.66%), Calcium: 45.4mg (4.54%), Potassium: 156.37mg (4.47%), Vitamin B5: 0.44mg (4.39%), Copper: 0.08mg (4.13%), Vitamin K: 4.09µg (3.89%), Vitamin E: 0.54mg (3.6%), Magnesium: 14mg (3.5%), Zinc: 0.51mg (3.41%), Vitamin B6: 0.05mg (2.47%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.26µg (1.77%)