



Polish Coffee Cake

 Vegetarian

READY IN



100 min.

SERVINGS



3

CALORIES



2337 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 0.5 cup butter cubed
- ☐ 10 eggs beaten
- ☐ 10 cups flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 3 cups milk
- ☐ 0.3 teaspoon orange extract
- ☐ 1 teaspoon salt

- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.3 cup warm water (110 degrees F/45 degrees C)
- ☐ 0.7 cup sugar white

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ In a small bowl, dissolve yeast in warm water.
- ☐ Let stand until creamy, about 10 minutes. Warm the milk in a small saucepan until it bubbles, then remove from heat.
- ☐ Mix in 1 cup butter until melted.
- ☐ Let cool until lukewarm.
- ☐ In a large bowl, beat together the eggs and 1 1/2 cups sugar.
- ☐ Mix in the nutmeg, orange extract, vanilla extract, and the yeast mixture. Stir in 3 cups flour and the salt. Stir in 1/3 of the milk mixture.
- ☐ Mix in the remaining flour and milk mixture in two alternating additions. Cover bowl, and let rise until doubled, about 45 minutes.
- ☐ In a small bowl, prepare the topping by cutting together 1/2 cup butter and 2/3 cups sugar until mixture resembles coarse crumbs.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease 3 10-inch Bundt pans.
- ☐ Divide dough into the prepared pans, and sprinkle with the topping mixture.
- ☐ Bake in preheated oven for 30 to 40 minutes, until a toothpick inserted into center comes out clean.

Nutrition Facts



 PROTEIN **12.43%**  FAT **22.25%**  CARBS **65.32%**

Properties

Glycemic Index:101.03, Glycemic Load:265.43, Inflammation Score:-10, Nutrition Score:55.587826232061%

Nutrients (% of daily need)

Calories: 2337.17kcal (116.86%), Fat: 57.09g (87.82%), Saturated Fat: 29.31g (183.2%), Carbohydrates: 376.98g (125.66%), Net Carbohydrates: 364.42g (132.52%), Sugar: 58.08g (64.54%), Cholesterol: 656.22mg (218.74%), Sodium: 1331.8mg (57.9%), Alcohol: 0.69g (100%), Alcohol %: 0.09% (100%), Protein: 71.77g (143.53%), Selenium: 191.94µg (274.19%), Vitamin B1: 3.99mg (265.9%), Folate: 943.26µg (235.81%), Vitamin B2: 3.28mg (192.8%), Manganese: 2.92mg (146.02%), Vitamin B3: 26.89mg (134.46%), Iron: 22.05mg (122.48%), Phosphorus: 1026.49mg (102.65%), Vitamin B5: 5.66mg (56.64%), Fiber: 12.56g (50.22%), Calcium: 457.29mg (45.73%), Vitamin B12: 2.69µg (44.84%), Vitamin A: 2132.91IU (42.66%), Zinc: 6.23mg (41.55%), Vitamin D: 5.62µg (37.45%), Copper: 0.74mg (36.93%), Magnesium: 142.62mg (35.65%), Vitamin B6: 0.65mg (32.72%), Potassium: 1073.03mg (30.66%), Vitamin E: 2.79mg (18.6%), Vitamin K: 5.09µg (4.85%)