



Polka Cake

 Vegetarian

READY IN



90 min.

SERVINGS



24

CALORIES



579 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1 cup buttermilk
- ☐ 1 tablespoon plus
- ☐ 1 tablespoon cornstarch
- ☐ 2 egg yolks
- ☐ 2 eggs
- ☐ 0.5 cup evaporated milk
- ☐ 1 package filo dough shredded

- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2 cups granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup heavy whipping cream
- ☐ 0.8 cup honey
- ☐ 6 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 sticks butter unsalted
- ☐ 2 sticks butter unsalted melted
- ☐ 4 tablespoons butter unsalted
- ☐ 2 teaspoons vanilla extract
- ☐ 1.3 cups pistachios and walnuts chopped

Equipment

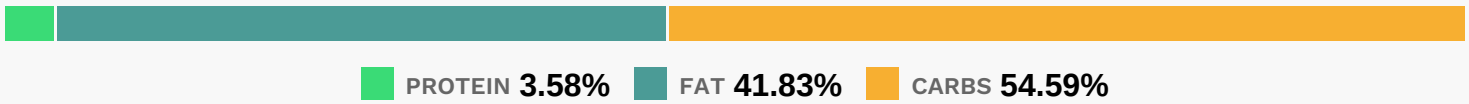
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ stand mixer
- ☐ spatula
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 325 degrees F. Line cupcake or muffin pans with 24 muffin liners.

- ☐ Combine the butter, buttermilk and honey in a pitcher. Sift the flour, baking soda and salt. In the bowl of a stand mixer, combine the granulated sugar, sour cream and eggs.
- ☐ Add the buttermilk mixture to the sour cream mixture. Slowly stir in the sifted flour mixture until combined.
- ☐ Fill the cupcake liners and bake for 20 minutes, rotating halfway through.
- ☐ Remove from the oven and cool completely before frosting.
- ☐ Fill the cupcakes with the Baklava Filling. Pipe with Cinnamon Buttercream. Top with a Filo Puff.
- ☐ In a saucepan, combine the milk, granulated sugar, butter, corn syrup, cornstarch and egg yolks, and melt over medium heat using a heatproof spatula.
- ☐ Add in the chopped nuts. Bring to a simmer while stirring.
- ☐ Remove from the heat and refrigerate until completely cooled.
- ☐ In a stand mixer with the whisk attachment, whip the butter until soft. Slowly add in the powdered sugar and vanilla, along with the heavy whipping cream. Beat until fluffy.
- ☐ Add in the cinnamon and stir to combine.
- ☐ Preheat the oven to 325 degrees F. Spray a baking sheet liberally with pan spray.
- ☐ Remove the filo dough from the package and, taking 1/2-inch-thick bunches of strands at a time, twist into circular shapes.
- ☐ Place the circles on the prepared baking sheet and bake until golden, about 10 minutes, rotating once halfway through.
- ☐ Remove from the oven and cool completely.

Nutrition Facts



Properties

Glycemic Index:15.85, Glycemic Load:28.85, Inflammation Score:-5, Nutrition Score:7.3904347601144%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg

Nutrients (% of daily need)

Calories: 579.31kcal (28.97%), Fat: 27.57g (42.41%), Saturated Fat: 14.34g (89.61%), Carbohydrates: 80.94g (26.98%), Net Carbohydrates: 79.82g (29.03%), Sugar: 61.32g (68.13%), Cholesterol: 89.23mg (29.74%), Sodium: 238.84mg (10.38%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 5.31g (10.62%), Manganese: 0.4mg (19.98%), Selenium: 11.81µg (16.87%), Vitamin B1: 0.22mg (14.7%), Vitamin A: 733.49IU (14.67%), Vitamin B2: 0.23mg (13.53%), Folate: 48.1µg (12.03%), Phosphorus: 94.54mg (9.45%), Iron: 1.48mg (8.24%), Copper: 0.15mg (7.59%), Vitamin B3: 1.51mg (7.55%), Calcium: 59mg (5.9%), Magnesium: 19.58mg (4.89%), Vitamin E: 0.73mg (4.88%), Vitamin D: 0.69µg (4.58%), Fiber: 1.12g (4.47%), Zinc: 0.61mg (4.07%), Vitamin B5: 0.39mg (3.86%), Vitamin B6: 0.07mg (3.49%), Potassium: 117.27mg (3.35%), Vitamin B12: 0.18µg (3.01%), Vitamin K: 2.56µg (2.44%)