



Quick Mardi Gras King Cake



Vegetarian

READY IN



210 min.

SERVINGS



12

CALORIES



344 kcal

DESSERT

Ingredients

- ☐ 3.5 cups flour all-purpose
- ☐ 2.3 teaspoons yeast
- ☐ 1 cup milk
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon salt
- ☐ 2 eggs
- ☐ 6 tablespoons butter unsalted softened cut into 12 pieces
- ☐ 0.7 cup brown sugar light packed

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 4 tablespoons butter unsalted softened
- ☐ 1 cup powdered sugar
- ☐ 1 tablespoon milk
- ☐ 0.5 teaspoon vanilla
- ☐ 1 serving yukon gold potatoes dark green yellow
- ☐ 1 serving baby corns miniature

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ stand mixer

Directions

- ☐ Mix 2 1/2 cups flour and yeast in mixing bowl of stand mixer, using the paddle attachment, on low for about 30 seconds.
- ☐ Heat milk, sugar, and salt in a small saucepan over medium heat until sugar is dissolved and milk is between 120°F to 130°F.
- ☐ With mixer on low, pour in liquids and mix until incorporated.
- ☐ Add eggs one at a time. Continue mixing until a shaggy dough forms. Clean off paddle and switch to dough hook.
- ☐ Mix in the remaining 1 cup flour a little at a time, adding more or less flour as needed to make a soft dough.
- ☐ Add the softened butter, a piece at a time, kneading until each piece of butter is absorbed.

- ☐ Knead for eight minutes on low. The dough should completely clear the sides of the bowl. If it is too sticky, add additional flour 1 tablespoon at a time, mixing in thoroughly before determining if more flour is needed. If the dough seems too dry, spritz with water from a spray bottle a couple of times, mixing in thoroughly before determining if more water is needed. Every 2 minutes, stop the machine, scrape the dough off the hook, and then continue kneading.
- ☐ Turn the dough out onto a lightly floured surface and knead a few times by hand to be sure it's smooth and elastic. Form the dough into a ball.
- ☐ Place dough into a greased bowl. Turn once so greased surface is on top. Cover bowl with plastic wrap and refrigerate for 1 hour.
- ☐ While the dough is chilling, make cinnamon filling. In small bowl, combine the brown sugar and ground cinnamon.
- ☐ Combine butter with cinnamon mixture and mix well.
- ☐ Roll the chilled dough into a 10 x 20 inch rectangle.
- ☐ Spread the filling on half of the long side of the dough. Fold the dough in half covering the filling. Pat dough down firmly so the dough will stick together.
- ☐ Cut dough into three long strips. Press the tops of the strips together and braid the strips. Press the ends together at the bottom. Gently stretch the braid so that it measures 20 inches again. Shape it into a circle/oval and press the edges together.
- ☐ Transfer the ring to a parchment lined or greased baking sheet. Cover the dough with plastic wrap and let it rise until doubled, about 1 hour. While the dough is rising, preheat the oven to 350°.
- ☐ Bake the cake until it is golden brown, 20 – 35 minutes.
- ☐ Remove from oven and let cool 10 minutes on baking sheet and then place it on a cooling rack to cool completely before icing. To hide the baby in the cake, if desired, make a small slit in the bottom of the cake and put the miniature plastic baby in after the cake has cooled.
- ☐ Icing: In a small bowl, mix powdered sugar, milk and vanilla until smooth (add additional milk if mixture is too thick or powdered sugar if too thin).
- ☐ Spoon icing over top of the cake. Immediately sprinkle on colored sugar, alternating between the three colors.

Nutrition Facts



 **PROTEIN 6.65%**  **FAT 29.27%**  **CARBS 64.08%**

Properties

Glycemic Index:30.45, Glycemic Load:23.44, Inflammation Score:-4, Nutrition Score:7.8039130869767%

Nutrients (% of daily need)

Calories: 344.32kcal (17.22%), Fat: 11.27g (17.34%), Saturated Fat: 6.69g (41.8%), Carbohydrates: 55.5g (18.5%), Net Carbohydrates: 54.23g (19.72%), Sugar: 27g (30%), Cholesterol: 54.95mg (18.32%), Sodium: 218.42mg (9.5%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 5.76g (11.52%), Vitamin B1: 0.37mg (24.41%), Selenium: 15.42µg (22.03%), Folate: 84.33µg (21.08%), Vitamin B2: 0.27mg (16.1%), Manganese: 0.31mg (15.35%), Vitamin B3: 2.44mg (12.2%), Iron: 1.95mg (10.85%), Phosphorus: 82.98mg (8.3%), Vitamin A: 367.07IU (7.34%), Calcium: 52.04mg (5.2%), Fiber: 1.28g (5.11%), Vitamin B5: 0.46mg (4.62%), Vitamin D: 0.56µg (3.73%), Copper: 0.07mg (3.52%), Vitamin B12: 0.2µg (3.37%), Zinc: 0.51mg (3.37%), Magnesium: 13.35mg (3.34%), Potassium: 108.31mg (3.09%), Vitamin B6: 0.06mg (2.83%), Vitamin E: 0.39mg (2.57%), Vitamin K: 1.1µg (1.04%)