

Raspberry Breakfast Braid

READY IN



45 min.

SERVINGS



12

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon almond extract
- 2 cups baking mix
- 0.3 cup butter
- 3 ounce cream cheese
- 1 tablespoon milk plus more if needed
- 1 cup powdered sugar
- 0.5 cup raspberry jam red
- 0.3 teaspoon vanilla

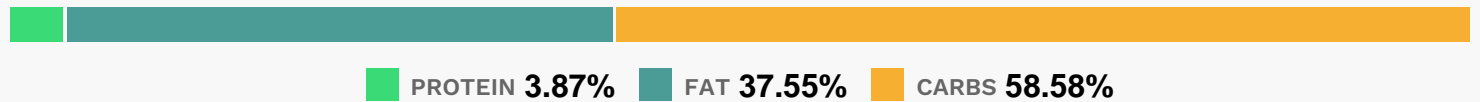
Equipment

- bowl
- baking sheet
- oven

Directions

- In medium bowl, measure baking mix.
- Cut in cream cheese and butter until mixture is crumbly. Stir in milk. Turn dough onto a lightly floured surface and knead lightly 10 to 12 times.
- Roll dough into a 12x8-inch rectangle. Turn onto greased baking sheet.
- Spread preserves lengthwise down center 1/3 of dough. Make 2 1/2-inch cuts at 1-inch intervals on long sides. Fold strips over filling.
- Bake at 425 degrees F for 12 to 15 minutes or until lightly browned.
- Combine all glaze ingredients, adding enough milk for desired drizzling consistency.
- Drizzle over coffee cake.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:5.41, Inflammation Score:-3, Nutrition Score:3.4556521734466%

Nutrients (% of daily need)

Calories: 223.92kcal (11.2%), Fat: 9.38g (14.42%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 32.91g (10.97%), Net Carbohydrates: 32.34g (11.76%), Sugar: 19.33g (21.48%), Cholesterol: 7.71mg (2.57%), Sodium: 327.27mg (14.23%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 2.17g (4.34%), Phosphorus: 129.64mg (12.96%), Vitamin B1: 0.12mg (8.01%), Vitamin B2: 0.12mg (7.06%), Folate: 27.24µg (6.81%), Vitamin A: 267.17IU (5.34%), Calcium: 48.58mg (4.86%), Vitamin B3: 0.92mg (4.62%), Manganese: 0.08mg (3.76%), Iron: 0.64mg (3.54%), Selenium: 2.48µg (3.54%), Copper: 0.05mg (2.35%), Fiber: 0.58g (2.3%), Vitamin B5: 0.23mg (2.29%), Vitamin B12: 0.11µg (1.75%), Vitamin E: 0.25mg (1.67%), Magnesium: 6.52mg (1.63%), Potassium: 57.17mg (1.63%), Vitamin C: 1.32mg (1.6%), Vitamin K: 1.45µg (1.38%), Vitamin B6: 0.02mg (1.16%), Zinc: 0.17mg (1.13%)