



Rich Chocolate Babka

READY IN



220 min.

SERVINGS



24

CALORIES



209 kcal

DESSERT

Ingredients

- 1 package active yeast dry
- 4 ounces bittersweet chocolate divided chopped
- 0.3 cup butter divided
- 0.3 cup butter melted
- 1 large egg white
- 3 large eggs
- 5.3 cups flour all-purpose divided
- 0.3 cup granulated sugar
- 0.5 cup granulated sugar

- 2 teaspoons milk 2% reduced-fat
- 1 cup warm milk 2% reduced-fat (100° to 110°)
- 1 teaspoon salt
- 1.5 tablespoons sugar
- 0.3 cup cocoa unsweetened
- 2 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- wire rack
- measuring cup

Directions

- To prepare the dough, combine first 3 ingredients in a large bowl, and let stand for 5 minutes or until bubbles form on the surface.
- Add butter, vanilla, salt, and eggs; stir. Weigh or lightly spoon 5 ounces flour (about 5 cups) into dry measuring cups; level with a knife.
- Add flour to egg mixture; stir until combined. Turn dough out onto a lightly floured surface. Knead 4 minutes; add enough of remaining 1/4 cup flour to prevent the dough from sticking.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place, free from drafts, 1 1/2 hours or until doubled in size.
- To prepare the filling, combine 1/3 cup sugar and cocoa in a small bowl, stirring well.
- Combine egg white and 2 teaspoons milk in a small bowl.
- Divide dough into two equal portions. Working with one portion at a time (cover remaining dough to prevent drying), roll dough into a 12 x 9-inch rectangle. Melt 1/4 cup butter; brush 1 tablespoon over dough.

- Sprinkle evenly with half of cocoa mixture, leaving a 1/4-inch border.
- Sprinkle dough evenly with 2 ounces chopped chocolate.
- Drizzle with an additional 1 tablespoon butter.
- Brush far edge with milk mixture. Loosely roll up, starting with a long edge; pinch seam to seal, and tuck ends under.
- Place dough, seam side down, on a baking sheet lined with parchment paper. Repeat procedure with remaining dough, butter, cocoa mixture, chocolate, and egg white mixture. Reserve remaining milk mixture. Cover dough.
- Let rise in a warm place 1 hour or until doubled in size.
- Preheat oven to 32
- Brush the dough with remaining milk mixture.
- Sprinkle each loaf with 2 1/4 teaspoons turbinado sugar.
- Bake at 325 for 40 minutes or until browned. Cool loaves completely on a wire rack.
- Cut each loaf into 12 slices.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:19.95, Inflammation Score:-3, Nutrition Score:6.2556520997668%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 209.25kcal (10.46%), Fat: 6.88g (10.59%), Saturated Fat: 3.91g (24.46%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 30.71g (11.17%), Sugar: 10.1g (11.22%), Cholesterol: 34.52mg (11.51%), Sodium: 144.76mg (6.29%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Caffeine: 6.12mg (2.04%), Protein: 4.72g (9.45%), Selenium: 12.36µg (17.65%), Vitamin B1: 0.26mg (17.05%), Folate: 60.8µg (15.2%), Manganese: 0.29mg (14.47%), Vitamin B2: 0.21mg (12.24%), Iron: 1.82mg (10.11%), Vitamin B3: 1.81mg (9.05%), Phosphorus: 73.42mg (7.34%), Copper: 0.14mg (6.99%), Fiber: 1.53g (6.1%), Magnesium: 21.14mg (5.29%), Zinc: 0.54mg (3.58%), Vitamin A: 164.75IU (3.29%), Vitamin B5: 0.32mg (3.16%), Potassium: 99.67mg (2.85%), Calcium: 25.55mg (2.56%), Vitamin B12: 0.13µg (2.13%), Vitamin B6:

0.03mg (1.69%), Vitamin E: 0.22mg (1.49%)