



Rivel Kuchen

READY IN



45 min.

SERVINGS



30

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 0.3 cup butter
- ☐ 2 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.8 cup milk
- ☐ 2 teaspoons salt
- ☐ 0.5 cup shortening

- ☐ 0.3 cup warm water
- ☐ 3 cups water
- ☐ 1 tablespoon sugar white

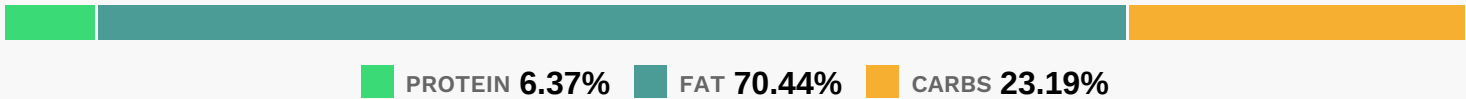
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Dissolve yeast in 1/4 cup warm water to which 1 teaspoon of sugar has been added.
- ☐ Scald 2 cups milk; add 1/2 cup sugar, shortening and salt. Cool to lukewarm. Beat in eggs.
- ☐ Add flour enough to make medium thick batter and beat well.
- ☐ Add beaten eggs and dissolved yeast, beat well. Stir in the remaining flour. When too thick to mix by spoon, pour onto floured board. Knead dough until smooth and elastic.
- ☐ Put dough into greased bowl, and let rise until double in size. Divide into 2 parts. Knead each down, and roll out to fit 13 X 9 inch pan.
- ☐ Put 1 1/2 cup sugar into heavy skillet and brown, stirring all the time.
- ☐ Add 3 cups water. Cook until sugar is dissolved. Sir together 3 tablespoons flour and 3/4 cup milk; add to the sugar water. Cook until mixture is thick like gravy. Cool.
- ☐ Add allspice.
- ☐ Spread on unbaked coffee cakes.
- ☐ Mix 1 cup flour, 1/4 cup butter or margarine, 1 tablespoon sugar, and cinnamon until crumbly.
- ☐ Sprinkle rivels mixture over coffee cake.
- ☐ Bake at 350 degrees F (175 degrees C) for 25 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:2.7, Inflammation Score:-1, Nutrition Score:1.5486956570783%

Nutrients (% of daily need)

Calories: 69.4kcal (3.47%), Fat: 5.49g (8.45%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 3.86g (1.4%), Sugar: 0.72g (0.8%), Cholesterol: 15.71mg (5.24%), Sodium: 175.38mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin B1: 0.06mg (4.28%), Folate: 14.63µg (3.66%), Selenium: 2.47µg (3.53%), Vitamin B2: 0.05mg (3.1%), Vitamin E: 0.29mg (1.93%), Vitamin K: 2µg (1.9%), Phosphorus: 18.55mg (1.86%), Manganese: 0.04mg (1.82%), Vitamin B3: 0.35mg (1.77%), Vitamin A: 73.58IU (1.47%), Iron: 0.26mg (1.46%), Vitamin B5: 0.14mg (1.43%), Calcium: 12.03mg (1.2%), Vitamin B12: 0.06µg (1.04%)