



## Rum and Egnog Kugelhopf

READY IN



780 min.

SERVINGS



8

CALORIES



595 kcal

BEVERAGE

DRINK

### Ingredients

- 0.3 cup almonds sliced for garnish
- 3.5 cups bread flour divided
- 1 cup butter
- 1 cup currants dried
- 1 cup eggnog
- 3 eggs
- 0.5 teaspoon ground cinnamon
- 2.5 teaspoons yeast instant
- 3 tablespoons rum

- 0.5 teaspoon salt
- 0.5 cup granulated sugar white

## Equipment

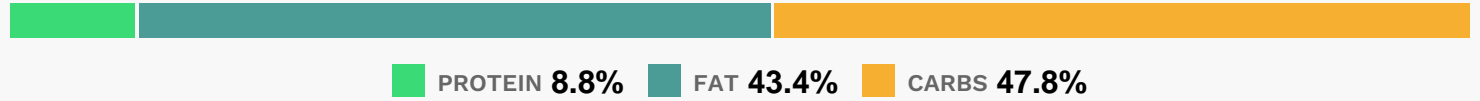
- bowl
- frying pan
- sauce pan
- oven
- wire rack
- plastic wrap
- hand mixer
- kugelhopf pan

## Directions

- Soak currants in rum overnight.
- In a saucepan, heat the eggnog to a boil.
- Pour it into a large bowl and add 1 1/2 cups of bread flour.
- Mix until smooth and let the mixture cool to 110 degrees F (43 degrees C) or just warm to the touch.
- Add the instant yeast and mix until blended. Cover the bowl with plastic wrap and allow to rise until doubled, 20 to 30 minutes.
- In the bowl of an electric mixer, beat the sugar and butter together until smooth. Beat in the eggs one at a time. Stir in the salt and cinnamon.
- Pour the egg mixture into the dough and mix until smooth. Gradually add the remaining 2 cups of bread flour and mix for 3 minutes. The dough will be very sticky. Stir in the currants, cover the bowl with plastic wrap, and allow it to rest for 20 minutes.
- Lightly grease a kugelhopf mold or Bundt pan.
- Sprinkle the bottom of the pan with sliced almonds. Carefully add the dough mixture and cover with plastic wrap.
- Let the dough rise until doubled, 1 to 1 1/2 hours.

- Preheat an oven to 375 degrees F (190 degrees C).
- Bake the kugelhopf in the preheated oven until the loaf is deep golden brown and the bottom of the loaf sounds hollow when tapped, 30 to 35 minutes. Invert the loaf onto a wire rack to cool. Dust with powdered sugar before serving.

## Nutrition Facts



### Properties

Glycemic Index:37.14, Glycemic Load:39.13, Inflammation Score:-6, Nutrition Score:14.15130421908%

### Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 594.87kcal (29.74%), Fat: 28.62g (44.03%), Saturated Fat: 16.22g (101.37%), Carbohydrates: 70.93g (23.64%), Net Carbohydrates: 67.39g (24.51%), Sugar: 26.62g (29.58%), Cholesterol: 141.12mg (47.04%), Sodium: 379.34mg (16.49%), Alcohol: 1.88g (100%), Alcohol %: 1.36% (100%), Protein: 13.06g (26.13%), Selenium: 29.01µg (41.45%), Vitamin B1: 0.51mg (34.01%), Manganese: 0.62mg (31.24%), Folate: 117.79µg (29.45%), Vitamin B2: 0.39mg (22.89%), Phosphorus: 182.98mg (18.3%), Vitamin A: 878.23IU (17.56%), Fiber: 3.54g (14.16%), Vitamin B3: 2.51mg (12.55%), Vitamin E: 1.88mg (12.5%), Vitamin B5: 1.18mg (11.84%), Copper: 0.22mg (10.89%), Magnesium: 38.6mg (9.65%), Potassium: 334.33mg (9.55%), Calcium: 91.69mg (9.17%), Vitamin B6: 0.18mg (8.94%), Zinc: 1.31mg (8.73%), Iron: 1.4mg (7.76%), Vitamin B12: 0.34µg (5.68%), Vitamin D: 0.71µg (4.74%), Vitamin K: 2.94µg (2.8%), Vitamin C: 1.34mg (1.62%)