



Sour Cream Babka

 Vegetarian

READY IN



45 min.

SERVINGS



28

CALORIES



216 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 1 teaspoon almond extract
- 1 tablespoon amaretto (almond-flavored liqueur)
- 8 ounce cream sour low-fat
- 1 cup cranberries dried
- 2.3 teaspoons yeast dry
- 2 large egg yolk
- 2 large eggs

- 0.3 cup evaporated milk fat-free
- 1 cup evaporated milk fat-free
- 6 cups flour all-purpose divided
- 1 cup golden raisins
- 0.5 cup granulated sugar
- 1 tablespoon granulated sugar
- 1.5 cups powdered sugar
- 0.5 teaspoon salt
- 0.5 cup slivered almonds
- 0.3 cup water (100° to 110°)

Equipment

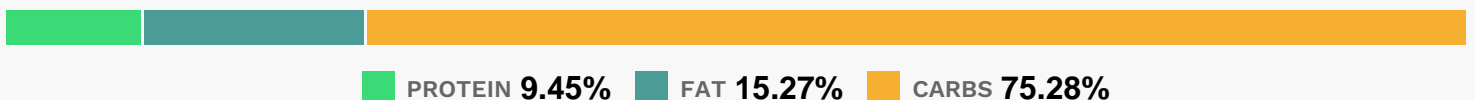
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup
- kugelhopf pan

Directions

- To prepare dough, combine cranberries and amaretto in a small bowl; set aside.
- Heat milk over medium-high heat in a small, heavy saucepan to 180 or until tiny bubbles form around edge (do not boil).
- Remove from heat; stir in sour cream. Cool to room temperature.
- Dissolve yeast in warm water, and let stand 5 minutes.

- Place 1/2 cup granulated sugar, eggs, and egg yolks in a large bowl; beat with a mixer at high speed until thick and pale (about 2 minutes).
- Add milk mixture, yeast mixture, 1 teaspoon almond extract, and salt; beat until well blended.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Add 5 1/2 cups flour to egg mixture; stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 5 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 10 minutes.
- Coat a 12-cup Bundt pan with cooking spray; dust with 1 tablespoon granulated sugar. Knead cranberry mixture, raisins, and almonds into dough. With floured hands, pat dough into an 8-inch circle. Form a 2-inch hole in center of dough; place dough in prepared pan, allowing center of Bundt pan to emerge through hole in dough. Gently press the dough into pan. Lightly coat top of dough with cooking spray; cover and let rise 45 minutes or until doubled in size.
- Preheat oven to 350
- Uncover dough.
- Bake at 350 for 45 minutes or until loaf is browned and sounds hollow when tapped. Cool in pan 5 minutes on a wire rack.
- To prepare icing, combine powdered sugar, 1/4 cup milk, and 1/4 teaspoon almond extract, stirring with a whisk.
- Remove babka from pan, and place on a serving platter.
- Drizzle with icing; cool completely.

Nutrition Facts



Properties

Glycemic Index:10.07, Glycemic Load:19.81, Inflammation Score:-3, Nutrition Score:6.4095651222312%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 216.24kcal (10.81%), Fat: 3.7g (5.69%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 41.03g (13.68%), Net Carbohydrates: 39.56g (14.39%), Sugar: 18.01g (20.01%), Cholesterol: 32.5mg (10.83%), Sodium: 67.68mg (2.94%), Alcohol: 0.2g (100%), Alcohol %: 0.33% (100%), Protein: 5.15g (10.31%), Vitamin B1: 0.25mg (16.99%), Selenium: 11.59µg (16.56%), Folate: 61.11µg (15.28%), Vitamin B2: 0.25mg (14.45%), Manganese: 0.26mg (12.92%), Vitamin B3: 1.87mg (9.33%), Iron: 1.56mg (8.66%), Phosphorus: 86.54mg (8.65%), Fiber: 1.47g (5.87%), Calcium: 56.98mg (5.7%), Vitamin E: 0.72mg (4.79%), Copper: 0.09mg (4.45%), Magnesium: 17.28mg (4.32%), Potassium: 144.09mg (4.12%), Vitamin B5: 0.34mg (3.4%), Zinc: 0.49mg (3.28%), Vitamin B6: 0.05mg (2.71%), Vitamin A: 90.27IU (1.81%), Vitamin B12: 0.11µg (1.79%), Vitamin D: 0.16µg (1.1%)