



## Sweet Potato Coffee Cake with Caramel Glaze

 Vegetarian

READY IN



180 min.

SERVINGS



12

CALORIES



435 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 0.5 oz active yeast dry
- ☐ 1 teaspoon baking soda
- ☐ 5.5 cups bread flour divided
- ☐ 0.7 cup firmly brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 1 cup buttermilk
- ☐ 12 servings caramel glaze
- ☐ 1 large eggs lightly beaten

- ☐ 0.5 cup granulated sugar
- ☐ 0.7 cup granulated sugar
- ☐ 1 teaspoon granulated sugar
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 tablespoon orange zest
- ☐ 1.5 teaspoons salt
- ☐ 1 cup sweet potatoes and into cooked mashed
- ☐ 0.5 cup warm water (105° to 115°)

## Equipment

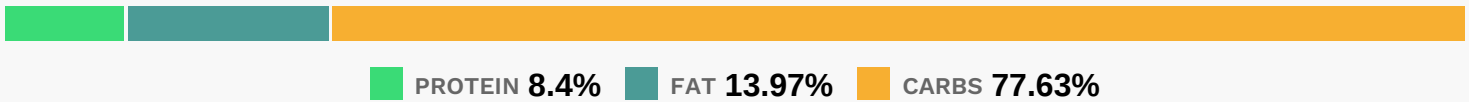
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ stand mixer
- ☐ measuring cup
- ☐ pizza cutter

## Directions

- ☐ Stir together first 3 ingredients in a 1-cup glass measuring cup; let stand 5 minutes.
- ☐ Stir together 4 1/2 cups bread flour, salt, and baking soda.
- ☐ Beat yeast mixture and 1/2 cup bread flour at medium speed with a heavy-duty electric stand mixer until well blended. Gradually add sweet potato, next 5 ingredients, and flour mixture, beating until well blended.
- ☐ Turn dough out onto a well-floured surface, and knead until smooth and elastic (about 4 to 5 minutes), gradually adding remaining 1/2 cup bread flour.
- ☐ Place dough in a lightly greased large bowl, turning to grease top. Cover and let rise in a warm place (85), free from drafts, 1 to 1 1/2 hours or until doubled in bulk.

- ☐ Stir together 2/3 cup granulated sugar and next 2 ingredients. Punch dough down; turn out onto a well-floured surface. Divide dough in half.
- ☐ Roll 1 portion into a 16- x 12-inch rectangle.
- ☐ Brush with half of 1/4 cup melted butter.
- ☐ Sprinkle with half of sugar mixture.
- ☐ Cut dough lengthwise into 6 (2-inch-wide) strips using a pizza cutter or knife.
- ☐ Loosely coil 1 strip, and place in center of a lightly greased 10-inch round pan. Loosely coil remaining dough strips, 1 at a time, around center strip, attaching each to the end of the previous strip to make a single large spiral. (Sugared sides of dough strips should face center of spiral.) Repeat with remaining dough half, butter, and sugar mixture.
- ☐ Cover and let rise in a warm place (85), free from drafts, 30 minutes or until doubled in bulk.
- ☐ Preheat oven to 35
- ☐ Bake 30 minutes or until lightly browned and done. Cool in pans on a wire rack 10 minutes.
- ☐ Remove from pans to serving plates. Prepare Caramel Glaze, and brush over swirls.

## Nutrition Facts



## Properties

Glycemic Index:40.52, Glycemic Load:47.15, Inflammation Score:-8, Nutrition Score:9.7221738411033%

## Nutrients (% of daily need)

Calories: 435.38kcal (21.77%), Fat: 6.82g (10.5%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 85.33g (28.44%), Net Carbohydrates: 82.9g (30.14%), Sugar: 39.79g (44.21%), Cholesterol: 28.57mg (9.52%), Sodium: 475.75mg (20.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.46%), Selenium: 25.44µg (36.35%), Vitamin A: 1755.49IU (35.11%), Manganese: 0.61mg (30.75%), Vitamin B1: 0.21mg (13.78%), Folate: 51.58µg (12.89%), Phosphorus: 107.11mg (10.71%), Vitamin B2: 0.17mg (10.21%), Fiber: 2.43g (9.73%), Copper: 0.15mg (7.38%), Vitamin B5: 0.73mg (7.27%), Calcium: 70.84mg (7.08%), Magnesium: 23.74mg (5.94%), Vitamin B3: 1.17mg (5.87%), Zinc: 0.81mg (5.42%), Potassium: 181.85mg (5.2%), Iron: 0.86mg (4.79%), Vitamin B6: 0.09mg (4.45%), Vitamin E: 0.49mg (3.25%), Vitamin B12: 0.17µg (2.8%), Vitamin D: 0.34µg (2.29%), Vitamin C: 1.01mg (1.23%), Vitamin K: 1.17µg (1.11%)