



Trompe L'oeil Bagels with Cream Cheese

 Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



5570 kcal

Ingredients

- ☐ 6 cups powdered sugar sifted
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 round cake plain
- ☐ 1 serving sesame seed for topping
- ☐ 1 cup butter unsalted softened
- ☐ 2 teaspoons vanilla extract

Equipment

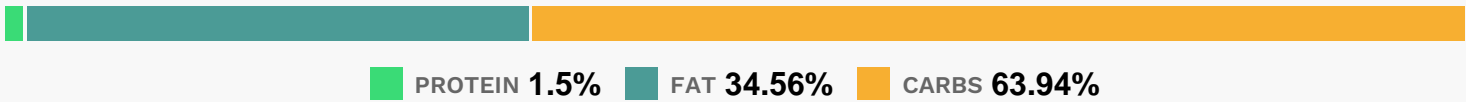
- ☐ bowl
- ☐ stand mixer

- ☐ microwave
- ☐ pastry brush

Directions

- ☐ For the Vanilla Buttercream Frosting: In the stand mixer with the paddle attachment, mix the butter on medium speed until it is very fluffy.
- ☐ Add 4 cups of the confectioners' sugar, and mix on low speed until smooth and incorporated. Pause to scrape down the sides of the bowl, and add the cream and vanilla. Beat on medium speed until smooth and creamy, 3 to 5 minutes, continuing to add sugar until it has reached your desired consistency. If your frosting becomes too stiff, you can thin it out by adding more cream, but be careful to add the cream in small (teaspoon) increments so that the frosting does not become too thin.
- ☐ Slice the doughnut horizontally in half.
- ☐ In a small microwave-safe dish, melt the butter by heating it in the microwave for about 10 seconds. Using a pastry brush, lightly brush the top side of the doughnut with the melted butter (oh, get over it—they're already fried, anyway). Immediately sprinkle poppy seeds on top of the buttered halves. Some seeds will fall off, but enough will stick to give you the right effect.
- ☐ Apply a generous dollop of frosting to the bottom half of the doughnut and gently spread it to the edges. Note: it's very important that the frosting be at room temperature, because if it is cold the doughnut may break apart when you try to spread it.
- ☐ Put the poppy seed-laden piece on top and consume immediately. Not to boss you around or anything, but they taste great with coffee.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:33.740869757922%

Nutrients (% of daily need)

Calories: 5569.57kcal (278.48%), Fat: 217.68g (334.89%), Saturated Fat: 133.25g (832.84%), Carbohydrates: 906.27g (302.09%), Net Carbohydrates: 903.83g (328.67%), Sugar: 817.17g (907.97%), Cholesterol: 861.28mg (287.1%), Sodium: 1926.03mg (83.74%), Alcohol: 2.75g (100%), Alcohol %: 0.26% (100%), Protein: 21.24g (42.49%),

Vitamin A: 7010.1IU (140.2%), Vitamin B2: 1.16mg (68.25%), Phosphorus: 550.79mg (55.08%), Selenium: 38.43µg (54.9%), Iron: 9.87mg (54.84%), Vitamin B1: 0.82mg (54.43%), Manganese: 0.88mg (44.18%), Vitamin E: 6.55mg (43.69%), Folate: 157.95µg (39.49%), Calcium: 389.83mg (38.98%), Vitamin D: 4.96µg (33.05%), Vitamin B3: 6.32mg (31.59%), Copper: 0.61mg (30.58%), Vitamin B12: 1.2µg (20.02%), Vitamin B5: 1.84mg (18.42%), Magnesium: 70.75mg (17.69%), Vitamin K: 18.39µg (17.52%), Zinc: 2.58mg (17.19%), Potassium: 471.68mg (13.48%), Vitamin B6: 0.25mg (12.45%), Fiber: 2.44g (9.78%)