



Anillos

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



388 kcal

SIDE DISH

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 5 cups bread flour
- ☐ 2 large eggs
- ☐ 1 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons shortening
- ☐ 0.8 cup strawberry preserves
- ☐ 0.5 cup sugar divided

- ☐ 0.3 cup water
- ☐ 1 cup warm water (100° to 110°)

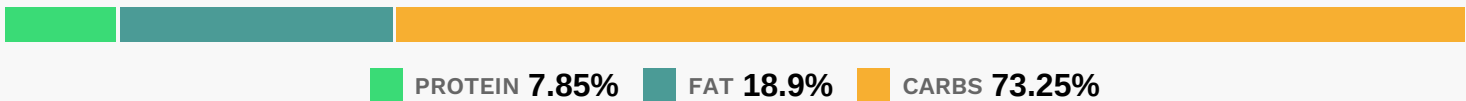
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ stand mixer
- ☐ measuring cup

Directions

- ☐ Stir together yeast, 1 cup warm water, and 2 tablespoons sugar in a 2-cup liquid measuring cup; let stand 5 minutes.
- ☐ Stir together remaining 6 tablespoons sugar, flour, and next 3 ingredients in bowl of a heavy-duty electric stand mixer.
- ☐ Add yeast mixture, and beat at medium speed with mixer, using dough hook attachment, 6 minutes.
- ☐ Divide dough into 12 equal portions; shape into balls, and place on 2 lightly greased baking sheets (6 balls per baking sheet). Flatten to 4-inch-wide circles with hand; press thumb in center of each circle to make an indentation (about the size of a quarter). Spoon 1 tablespoon preserves in each indentation.
- ☐ Cover and let stand in a warm place (85), free from drafts, 20 minutes (dough will not double in bulk).
- ☐ Bake at 375 for 13 to 15 minutes or until golden brown. Cool on baking sheets on wire racks. Stir together powdered sugar and 1/3 cup water; drizzle evenly over breads.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:38.21, Inflammation Score:-1, Nutrition Score:6.1117391093918%

Nutrients (% of daily need)

Calories: 388.49kcal (19.42%), Fat: 8.14g (12.53%), Saturated Fat: 2g (12.47%), Carbohydrates: 71g (23.67%), Net Carbohydrates: 69.36g (25.22%), Sugar: 28.6g (31.77%), Cholesterol: 31mg (10.33%), Sodium: 70.28mg (3.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.21%), Selenium: 23.82µg (34.02%), Manganese: 0.43mg (21.3%), Folate: 37.26µg (9.32%), Vitamin B1: 0.11mg (7.64%), Phosphorus: 74.82mg (7.48%), Vitamin B2: 0.11mg (6.62%), Fiber: 1.64g (6.57%), Copper: 0.13mg (6.51%), Vitamin B5: 0.48mg (4.83%), Vitamin E: 0.71mg (4.76%), Iron: 0.75mg (4.15%), Zinc: 0.61mg (4.1%), Magnesium: 15.45mg (3.86%), Vitamin B3: 0.77mg (3.86%), Vitamin K: 3.59µg (3.42%), Potassium: 85.96mg (2.46%), Vitamin B6: 0.05mg (2.33%), Vitamin C: 1.87mg (2.27%), Calcium: 17.97mg (1.8%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)