



Bierocks

READY IN



45 min.

SERVINGS



12

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 cups bread flour divided
- ☐ 2 cups cabbage shredded finely
- ☐ 2.3 teaspoons yeast dry
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 pound pd of ground turkey
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon salt

- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup warm water (100° to 110°)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ measuring cup

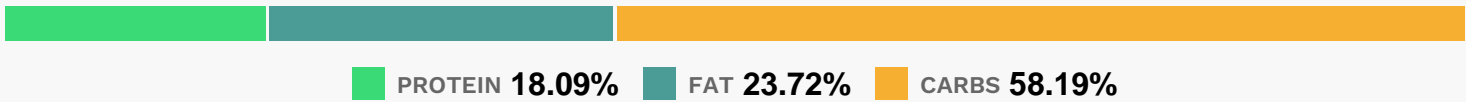
Directions

- ☐ To prepare filling, cook the onion and turkey in a large nonstick skillet coated with cooking spray over medium-high heat until turkey is browned, stirring to crumble.
- ☐ Add cabbage; cook until cabbage wilts, stirring constantly. Stir in pepper and 1/4 teaspoon salt. Cover and chill.
- ☐ To prepare dough, dissolve sugar and yeast in warm water in a large bowl; let stand 5 minutes. Stir in milk, oil, 3/4 teaspoon salt, and eggs. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 3 1/2 cups flour to yeast mixture, and stir to form a soft dough. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of the 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 5 minutes.

- ☐ Divide dough in half.
- ☐ Roll each half into a 10 1/2 x 7-inch rectangle on a lightly floured surface.
- ☐ Cut each rectangle into 6 (3 1/2-inch) squares. Working with 1 portion at a time (cover remaining dough to keep from drying), spoon about 1/4 cup filling into center of each portion, and bring 2 opposite corners to center, pinching points to seal. Bring remaining 2 corners to center, pinching points to seal. Pinch 4 edges together to seal.
- ☐ Place the bierocks, seam sides down, on a large baking sheet covered with parchment paper. Cover and let rise for 20 minutes.
- ☐ Preheat oven to 37
- ☐ Uncover bierocks.
- ☐ Bake at 375 for 15 minutes or until bierocks are browned on the bottom and sound hollow when tapped.
- ☐ Remove bierocks from pan, and cool on wire racks.
- ☐ Note: To freeze, cool completely, and wrap individually in foil.
- ☐ Place wrapped bierocks in a heavy-duty zip-top plastic bag; freeze for up to 3 months. To reheat, thaw in the refrigerator.
- ☐ Place foil-wrapped bierocks in a preheated 350 oven for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:22.74, Inflammation Score:-3, Nutrition Score:8.1817391488863%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 250.27kcal (12.51%), Fat: 6.56g (10.1%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 36.22g (12.07%), Net Carbohydrates: 34.7g (12.62%), Sugar: 5.32g (5.91%), Cholesterol: 41.89mg (13.96%), Sodium: 223.01mg (9.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.52%), Selenium: 23.61µg (33.73%), Manganese: 0.37mg (18.49%), Vitamin K: 17.53µg (16.7%), Vitamin B3: 2.54mg (12.68%), Phosphorus: 117.79mg (11.78%), Vitamin B6: 0.22mg (11.25%), Folate: 38.69µg (9.67%), Vitamin B1: 0.13mg (8.46%), Vitamin B2: 0.13mg (7.44%), Vitamin B5: 0.62mg (6.21%), Fiber: 1.53g (6.11%), Zinc: 0.91mg (6.08%), Vitamin C: 4.52mg (5.48%), Copper: 0.1mg (5.1%), Magnesium: 20.37mg (5.09%), Potassium: 156.06mg (4.46%), Vitamin E: 0.66mg (4.4%), Iron: 0.75mg (4.19%), Vitamin B12: 0.23µg (3.85%), Calcium: 30.31mg (3.03%), Vitamin D: 0.35µg (2.34%), Vitamin A: 81.79IU (1.64%)