



 **88%**
HEALTH SCORE

Blueberry Kolaches

 Vegetarian  Very Healthy

READY IN



610 min.

SERVINGS



1

CALORIES



7195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 oz active yeast dry
- 18 oz blueberries fresh (3 cups)
- 0.5 cup butter softened
- 3 tablespoons butter cold
- 2 large eggs
- 0.3 cup flour all-purpose
- 8.5 cups flour all-purpose
- 2 cups milk

- 0.3 cup blueberry preserves
- 0.3 cup sugar
- 1.3 cups sugar
- 2.5 teaspoons salt
- 0.5 cup warm water (100° to 110°)

Equipment

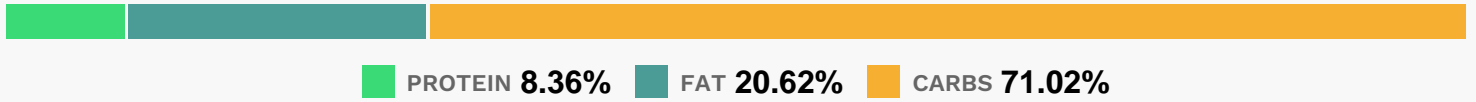
- bowl
- baking sheet
- oven
- blender
- plastic wrap
- hand mixer

Directions

- Combine yeast and warm water in a bowl; let stand 5 minutes.
- Beat butter at medium speed with an electric mixer until creamy; gradually add 1 1/3 cups sugar and 2 1/2 tsp. salt.
- Add eggs, 1 at a time, beating just until blended after each addition. Stir in yeast mixture.
- Add 8 1/2 cups flour to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed just until blended, stopping to scrape bowl as needed.
- Place dough in a well-greased bowl, turning to grease top. Cover with plastic wrap, and chill 8 to 24 hours.
- Shape dough into 35 (2-inch) balls (about 1/4 cup per ball), using floured hands.
- Place 1 1/2 inches apart on 2 lightly buttered baking sheets. Cover and let rise in a warm place 1 hour or until doubled in bulk.
- Preheat oven to 37
- Stir together blueberries and preserves.
- Combine 1/3 cup flour and next 2 ingredients with a pastry blender until crumbly. Press thumb into each dough ball, forming an indentation; fill each with 1 Tbsp. berry mixture.

- Sprinkle with flour mixture.
- Bake 20 to 25 minutes or until golden.
- To make ahead: Prepare through Step 3; chill 8 to 24 hours. Proceed as directed in Steps 4 and
- Mango Kolaches: Prepare as directed, substituting 2 cups chopped fresh mango for blueberries and 1/3 cup peach preserves for blueberry preserves.

Nutrition Facts



Properties

Glycemic Index:508.18, Glycemic Load:878.08, Inflammation Score:-10, Nutrition Score:84.449999933657%

Flavonoids

Cyanidin: 47.34mg, Cyanidin: 47.34mg, Cyanidin: 47.34mg, Cyanidin: 47.34mg Petunidin: 176.45mg, Petunidin: 176.45mg, Petunidin: 176.45mg, Petunidin: 176.45mg Delphinidin: 198.28mg, Delphinidin: 198.28mg, Delphinidin: 198.28mg, Delphinidin: 198.28mg Malvidin: 378.25mg, Malvidin: 378.25mg, Malvidin: 378.25mg, Malvidin: 378.25mg Peonidin: 113.55mg, Peonidin: 113.55mg, Peonidin: 113.55mg, Peonidin: 113.55mg Catechin: 29.6mg, Catechin: 29.6mg, Catechin: 29.6mg Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 9.29mg, Kaempferol: 9.29mg, Kaempferol: 9.29mg, Kaempferol: 9.29mg Myricetin: 7.28mg, Myricetin: 7.28mg, Myricetin: 7.28mg, Myricetin: 7.28mg Quercetin: 42.92mg, Quercetin: 42.92mg, Quercetin: 42.92mg, Quercetin: 42.92mg Galliccatechin: 0.67mg, Galliccatechin: 0.67mg, Galliccatechin: 0.67mg, Galliccatechin: 0.67mg

Nutrients (% of daily need)

Calories: 7195.25kcal (359.76%), Fat: 165.51g (254.63%), Saturated Fat: 94.07g (587.96%), Carbohydrates: 1282.26g (427.42%), Net Carbohydrates: 1237.11g (449.86%), Sugar: 415.32g (461.47%), Cholesterol: 764.89mg (254.96%), Sodium: 7181.55mg (312.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 150.99g (301.99%), Vitamin B1: 9.98mg (665.03%), Selenium: 418.97µg (598.53%), Folate: 2271.71µg (567.93%), Manganese: 9.51mg (475.44%), Vitamin B2: 7.21mg (424.36%), Vitamin B3: 71.03mg (355.16%), Iron: 54.95mg (305.29%), Phosphorus: 2033mg (203.3%), Fiber: 45.15g (180.6%), Vitamin K: 124µg (118.09%), Vitamin A: 5518.7IU (110.37%), Copper: 2.06mg (103.18%), Vitamin B5: 10.01mg (100.11%), Calcium: 905.37mg (90.54%), Magnesium: 355.32mg (88.83%), Zinc: 12.68mg (84.52%), Potassium: 2595.24mg (74.15%), Vitamin B6: 1.36mg (67.77%), Vitamin C: 54.3mg (65.82%), Vitamin B12: 3.79µg (63.24%), Vitamin E: 8.75mg (58.36%), Vitamin D: 7.37µg (49.12%)