



## Chocolate-Filled Croissants

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 ounce yeast dry
- 1 cup butter softened
- 2 large eggs
- 0.7 cup milk
- 2 bar chocolate candy
- 2 teaspoons salt
- 3 tablespoons sugar divided
- 0.3 cup vegetable oil

0.5 cup water

## Equipment

bowl

baking sheet

oven

mixing bowl

plastic wrap

hand mixer

aluminum foil

wax paper

measuring cup

## Directions

Press butter into a 10- x 8-inch rectangle on wax paper; chill.

Combine yeast, 1 tablespoon sugar, and water in a 2-cup liquid measuring cup; let stand 5 minutes.

Heat milk to 105 to 11

Combine yeast mixture, warm milk, remaining 2 tablespoons sugar, 2 cups flour, and next 3 ingredients in a large mixing bowl. Beat mixture at medium speed with an electric mixer until smooth. Gradually stir in enough remaining flour to make a soft dough.

Turn dough out onto a floured surface, and knead until smooth and elastic (about 10 minutes).

Place in a well-greased bowl, turning to grease top.

Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.

Punch dough down. Cover with plastic wrap, and chill dough 1 hour.

Punch dough down; turn out onto a lightly floured surface, and roll into a 24- x 10-inch rectangle.

Place chilled butter rectangle in center of dough rectangle, and carefully fold dough over butter. Pinch edges to seal.

- Roll dough into an 18- x 10-inch rectangle; fold into thirds, beginning with short side. Cover and chill 1 hour.
- Repeat rolling and folding procedure twice, chilling dough 30 minutes each time. Wrap dough in aluminum foil, and chill 8 hours.
- Divide dough into 4 equal portions.
- Roll 1 portion into a 12-inch circle on a lightly floured surface, and cut into 6 wedges (keep remaining dough chilled).
- Place 2 to 3 tiny rectangles of a milk chocolate candy bar, beginning on the wide end of each croissant dough wedge, and roll up each wedge, tightly.
- Place, point side down, on greased baking sheets, gently curving rolls into crescent shapes. Cover and let rise in a warm place, free from drafts, 30 minutes or until doubled in bulk.
- Place 2 or 3 tiny rectangles of a milk chocolate candy bar on the wide end of each croissant dough wedge, and roll up each wedge.
- Bake at 425 for 8 minutes or until lightly golden. Cool croissants slightly on baking sheets, and transfer to wire racks to cool. Repeat procedure with remaining dough portions.

## Nutrition Facts

■ PROTEIN **3.91%** ■ FAT **81.96%** ■ CARBS **14.13%**

### Properties

Glycemic Index:6.59, Glycemic Load:1.17, Inflammation Score:-2, Nutrition Score:2.0856521656008%

### Nutrients (% of daily need)

Calories: 126.15kcal (6.31%), Fat: 11.71g (18.02%), Saturated Fat: 6.33g (39.55%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 4.23g (1.54%), Sugar: 3.77g (4.19%), Cholesterol: 36.73mg (12.24%), Sodium: 269.7mg (11.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin A: 269.84IU (5.4%), Vitamin B1: 0.07mg (4.86%), Vitamin K: 4.94µg (4.7%), Folate: 16.31µg (4.08%), Vitamin B2: 0.06mg (3.41%), Vitamin E: 0.46mg (3.07%), Selenium: 1.83µg (2.62%), Phosphorus: 24.92mg (2.49%), Manganese: 0.04mg (2.17%), Vitamin B5: 0.19mg (1.9%), Vitamin B12: 0.09µg (1.5%), Calcium: 14.28mg (1.43%), Vitamin B3: 0.26mg (1.32%), Fiber: 0.31g (1.25%), Zinc: 0.18mg (1.23%), Vitamin B6: 0.02mg (1.21%), Copper: 0.02mg (1.17%), Potassium: 37.27mg (1.06%), Vitamin D: 0.16µg (1.05%), Magnesium: 4.17mg (1.04%)