



Cinnamon-Sugar Croissants

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 ounce yeast dry
- ☐ 1 cup butter softened
- ☐ 2 large eggs
- ☐ 4 cups flour all-purpose divided
- ☐ 0.7 cup milk
- ☐ 2 teaspoons salt
- ☐ 3 tablespoons sugar divided
- ☐ 0.3 cup vegetable oil

☐ 0.5 cup water

Equipment

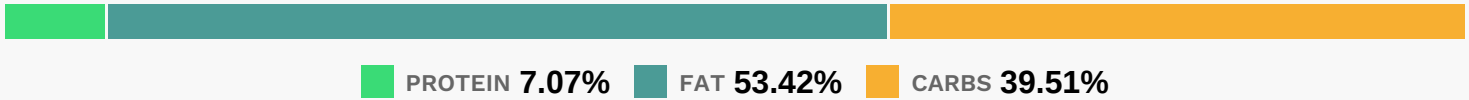
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil
- ☐ wax paper
- ☐ measuring cup

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).
- ☐ Roll up each wedge tightly, beginning at wide end.
- ☐ 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.
- ☐ Sprinkle dough wedges evenly with a mixture of ground cinnamon and sugar; roll up.
- ☐ 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.
- ☐ Combine sifted powdered sugar and milk stirring until mixture reaches drizzling consistency. Spoon over croissants.

Nutrition Facts



Properties

Glycemic Index:9.71, Glycemic Load:12.67, Inflammation Score:-3, Nutrition Score:4.6473912933598%

Nutrients (% of daily need)

Calories: 181.44kcal (9.07%), Fat: 10.81g (16.63%), Saturated Fat: 5.5g (34.39%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 17.27g (6.28%), Sugar: 1.9g (2.11%), Cholesterol: 36.65mg (12.22%), Sodium: 264.08mg (11.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin B1: 0.23mg (15.63%), Folate: 54.19µg (13.55%), Selenium: 8.62µg (12.32%), Vitamin B2: 0.16mg (9.32%), Vitamin B3: 1.48mg (7.41%), Manganese: 0.15mg (7.3%), Iron: 1.06mg (5.87%), Vitamin A: 269.84IU (5.4%), Vitamin K: 4.94µg (4.7%), Phosphorus: 43.63mg (4.36%), Vitamin E: 0.46mg (3.1%), Fiber: 0.72g (2.89%), Vitamin B5: 0.27mg (2.71%), Zinc: 0.28mg (1.89%), Copper: 0.04mg (1.83%), Calcium: 16.53mg (1.65%), Magnesium: 6.46mg (1.61%), Vitamin B12: 0.09µg (1.5%), Vitamin B6: 0.03mg (1.48%), Potassium: 46.19mg (1.32%), Vitamin D: 0.16µg (1.05%)