



## Conchas (Mexican Sweet Bread)

READY IN



140 min.

SERVINGS



12

CALORIES



393 kcal

BREAD

### Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.5 cup butter
- ☐ 1 eggs
- ☐ 0.5 cup evaporated milk
- ☐ 1 cup flour all-purpose
- ☐ 4 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup warm water
- ☐ 0.4 cup sugar white
- ☐ 0.7 cup sugar white
- ☐ 2.5 teaspoons yeast

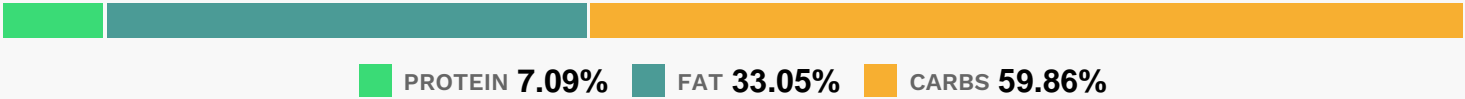
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

## Directions

- ☐ In a large bowl, stir together the yeast and warm water.
- ☐ Mix in the milk, 3/8 cup sugar, 1/3 cup melted butter, salt, egg and half of the flour. Gradually mix in the remaining flour, and 1/2 teaspoon cinnamon. Turn the dough out onto a floured counter to knead as soon as it pulls together enough.
- ☐ Knead for 6 to 8 minutes, until smooth and elastic.
- ☐ Place in a large greased bowl, and turn the dough to coat. Cover, and let rise in a warm place until doubled, about 1 hour.
- ☐ Make the topping while the dough rises. In a medium bowl, beat 2/3 cup sugar and 1/2 cup butter until light and fluffy. Stir in the flour until the mixture is the consistency of thick paste. Divide into two parts, and place one part in a separate bowl.
- ☐ Mix cinnamon into one half, and vanilla into the other half.
- ☐ When the dough is done rising, cut into 12 even-sized pieces. Shape into balls, and place on a greased cookie sheet, spacing about 3 inches apart. Divide each bowl of topping into 6 balls, and pat flat.
- ☐ Place circles of topping on top of the dough balls patting down lightly. Use a knife to cut grooves in the topping like a clam shell. Cover and let rise until doubled, about 45 minutes.
- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Bake for 20 minutes, or until lightly golden brown.

# Nutrition Facts



## Properties

Glycemic Index:25.02, Glycemic Load:40.88, Inflammation Score:-6, Nutrition Score:9.6817391061265%

## Nutrients (% of daily need)

Calories: 393.28kcal (19.66%), Fat: 14.45g (22.24%), Saturated Fat: 3.32g (20.74%), Carbohydrates: 58.9g (19.63%), Net Carbohydrates: 57.1g (20.76%), Sugar: 18.59g (20.65%), Cholesterol: 16.68mg (5.56%), Sodium: 360.89mg (15.69%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 6.98g (13.96%), Vitamin B1: 0.49mg (32.55%), Folate: 113.22µg (28.31%), Selenium: 19.19µg (27.42%), Manganese: 0.43mg (21.68%), Vitamin B2: 0.34mg (20.16%), Vitamin B3: 3.37mg (16.85%), Iron: 2.56mg (14.22%), Vitamin A: 610IU (12.2%), Phosphorus: 92.87mg (9.29%), Fiber: 1.8g (7.21%), Calcium: 47mg (4.7%), Vitamin B5: 0.45mg (4.54%), Copper: 0.09mg (4.34%), Magnesium: 15.63mg (3.91%), Vitamin E: 0.58mg (3.9%), Zinc: 0.56mg (3.7%), Potassium: 108.09mg (3.09%), Vitamin B6: 0.05mg (2.31%), Vitamin B12: 0.07µg (1.09%)