



## Cornish Splits

READY IN



45 min.

SERVINGS



22

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 teaspoons yeast dry
- 22 servings clotted cream
- 3 cups flour all-purpose
- 22 servings jam
- 0.8 cup milk
- 1 teaspoon salt
- 1 teaspoon sugar
- 0.3 cup water lukewarm
- 0.3 cup frangelico cold cut into pieces

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## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- blender
- plastic wrap

## Directions

- In a small saucepan heat water with milk just until lukewarm and remove pan from heat. Stir in sugar and yeast and let stand until foamy, about 5 minutes.
- While yeast is proofing, in a bowl whisk together flour and salt and with a pastry blender or fingertips blend in lard until mixture resembles coarse meal.
- Add milk mixture to flour mixture and stir until a dough forms. On a lightly floured surface knead dough gently just until smooth, about 1 minute.
- Transfer dough to a lightly oiled large bowl and turn to coat with oil.
- Let dough rise, bowl covered with plastic wrap, in a warm place until doubled in bulk, about 45 minutes.
- Grease 2 baking sheets.
- Punch down dough and divide into 1-ounce balls (about 1 1/2 inches in diameter).
- Transfer balls to baking sheets and let rise, covered loosely with plastic wrap, in a warm place until doubled in bulk, about 30 minutes.
- Preheat oven to 375°F.
- Bake splits in upper and lower thirds of oven, switching position of sheets halfway through baking, 20 minutes, or until golden, and transfer to racks to cool.
- Serve splits hot or at room temperature, cut open, with jam and clotted cream.

# Nutrition Facts

PROTEIN 5.42% FAT 42.09% CARBS 52.49%

## Properties

Glycemic Index:10.82, Glycemic Load:17.14, Inflammation Score:-4, Nutrition Score:4.6495652412591%

## Nutrients (% of daily need)

Calories: 215.98kcal (10.8%), Fat: 10.08g (15.51%), Saturated Fat: 6.15g (38.45%), Carbohydrates: 28.28g (9.43%), Net Carbohydrates: 27.22g (9.9%), Sugar: 10.67g (11.86%), Cholesterol: 25mg (8.33%), Sodium: 116.46mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin B1: 0.3mg (19.81%), Folate: 66.48µg (16.62%), Vitamin B2: 0.17mg (9.85%), Selenium: 6.45µg (9.21%), Vitamin B3: 1.59mg (7.95%), Manganese: 0.13mg (6.46%), Iron: 0.92mg (5.11%), Phosphorus: 48.62mg (4.86%), Fiber: 1.06g (4.24%), Vitamin B5: 0.3mg (3.01%), Calcium: 25.86mg (2.59%), Copper: 0.05mg (2.57%), Vitamin C: 1.76mg (2.14%), Potassium: 72.64mg (2.08%), Vitamin B6: 0.04mg (1.89%), Zinc: 0.28mg (1.86%), Magnesium: 7.34mg (1.84%), Vitamin E: 0.24mg (1.59%), Vitamin A: 73.48IU (1.47%)