



Cream Cheese Filled Kolaches

 Vegetarian

READY IN



170 min.

SERVINGS



16

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 grams butter melted
- 0.1 teaspoon cinnamon
- 230 grams cream cheese softened
- 1 egg yolk
- 20 grams flour
- 65 grams granulated sugar
- 1 kosher salt
- 1 pinch lemon zest

- 50 grams sugar
- 0.5 teaspoon vanilla
- 240 ml milk whole
- 1 package yeast red (or Rapid Rise)

Equipment

- baking sheet
- oven
- mixing bowl
- blender
- plastic wrap
- microwave
- measuring cup

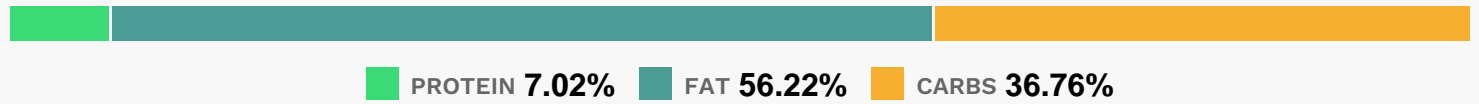
Directions

- Put the milk in a microwave-safe measuring cup and heat just until it starts to boil.
- Let it cool down to 130 degrees F. While milk is cooling, put the 5 ½ tablespoons of butter and sugar in a mixing bowl and beat with a spoon. Stir in the egg yolk, 2 cups (250 grams) of the flour, salt and yeast.
- Mixture will be crumbly and dry. Gradually add the milk and stir until thoroughly mixed. From this point, add remaining cup of flour by quarter cups until you have a soft dough that is neither too sticky nor too dry – though it should be more sticky than dry because kneading will remove some stickiness.
- Put the bowl on the mixer stand and knead with the dough hook until it is smooth and elastic. Rub an empty mixing bowl with butter, put the dough in it, cover and let rise until doubled in bulk, about 1 hour. Punch dough down and turn out onto lightly floured surface. Pinch off 16 equal size portions and shape into little balls or blobs.
- Place 8 balls on each of two parchment lined baking sheets. Cover loosely with a greased sheet of plastic wrap and let rise for an hour. While rising, mix together ingredients for the topping and filling. Make an indentation in each risen ball and fill with a tablespoon of cream cheese filling.

Brush gently with butter and sprinkle the topping over the bun and filling. Preheat the oven to 400 degrees F and let the buns sit while the oven preheats.

Bake for about 15 to 20 minutes at 400F. These are good warm or at room temperature. I like the fruit filled ones warm, but prefer to let the cheese version cool down.

Nutrition Facts



Properties

Glycemic Index: 20.95, Glycemic Load: 6.2, Inflammation Score: -2, Nutrition Score: 2.0634782693308%

Nutrients (% of daily need)

Calories: 105.35kcal (5.27%), Fat: 6.72g (10.34%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 9.72g (3.54%), Sugar: 8.49g (9.43%), Cholesterol: 30.94mg (10.31%), Sodium: 59.13mg (2.57%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Protein: 1.89g (3.77%), Vitamin A: 262.53IU (5.25%), Vitamin B2: 0.09mg (5.06%), Vitamin B1: 0.07mg (4.8%), Phosphorus: 39.83mg (3.98%), Folate: 15.5µg (3.88%), Selenium: 2.67µg (3.82%), Calcium: 35.34mg (3.53%), Vitamin B5: 0.24mg (2.39%), Vitamin B12: 0.14µg (2.32%), Vitamin D: 0.23µg (1.54%), Vitamin B6: 0.03mg (1.44%), Potassium: 49.69mg (1.42%), Vitamin B3: 0.28mg (1.4%), Zinc: 0.21mg (1.38%), Vitamin E: 0.19mg (1.25%)