

# Elephant Ears

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

SIDE DISH

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 8 tablespoons butter melted
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 cup milk
- 0.5 teaspoon salt
- 5 tablespoons sugar white

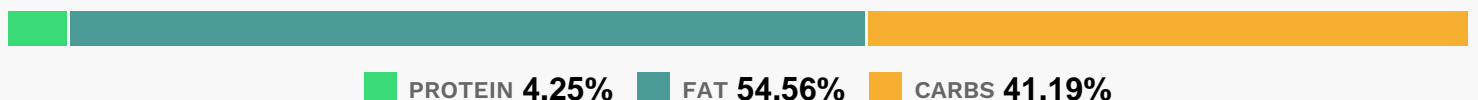
## Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- spatula
- rolling pin
- pastry brush

## Directions

- Preheat the oven to 425 degrees F (220 degrees C). Grease a cookie sheet.
- Stir flour, 2 tablespoons sugar, baking powder and salt in a medium bowl. Stir in milk and the 1/4 cup melted butter until dough forms.
- Turn dough onto a flat, floured surface. Knead dough 10 times.
- Roll dough with a rolling pin or pat with hands into a rectangle, 9x5 inches.
- Brush with remaining melted butter using a pastry brush; sprinkle with 3 tablespoons sugar and cinnamon.
- Roll dough up tightly, beginning at narrow end. Pinch edge of dough into roll to seal.
- Cut into 4 equal pieces with sharp knife.
- Place cuts sides up on cookie sheet; pat each into a 6-inch circle.
- Bake until golden brown, 8 to 10 minutes. Immediately remove from cookie sheet with a spatula.
- Let cool on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:82.52, Glycemic Load:28.23, Inflammation Score:-5, Nutrition Score:6.5300000084807%

## Nutrients (% of daily need)

Calories: 385.96kcal (19.3%), Fat: 23.72g (36.49%), Saturated Fat: 14.82g (92.63%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 39.18g (14.25%), Sugar: 16.06g (17.84%), Cholesterol: 62.64mg (20.88%), Sodium: 532.28mg (23.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.31%), Vitamin B1: 0.26mg (17.21%), Selenium: 11.37µg (16.24%), Manganese: 0.3mg (15.13%), Vitamin A: 734.13IU (14.68%), Folate: 58.06µg (14.51%), Vitamin B2: 0.19mg (11.47%), Vitamin B3: 1.88mg (9.42%), Iron: 1.56mg (8.68%), Phosphorus: 72.28mg (7.23%), Calcium: 71.14mg (7.11%), Vitamin E: 0.69mg (4.6%), Fiber: 1.11g (4.44%), Vitamin B12: 0.16µg (2.62%), Magnesium: 10.32mg (2.58%), Vitamin B5: 0.25mg (2.45%), Copper: 0.05mg (2.41%), Zinc: 0.34mg (2.26%), Vitamin K: 2.27µg (2.16%), Potassium: 73.27mg (2.09%), Vitamin D: 0.22µg (1.49%), Vitamin B6: 0.03mg (1.39%)