



Fastelavnsboller (Fastelavn Buns)



Vegetarian



Gluten Free

READY IN



105 min.

SERVINGS



18

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 tablespoons cocoa powder
- ☐ 0.8 cup confectioners' sugar
- ☐ 1 tablespoon cornstarch
- ☐ 1 eggs beaten
- ☐ 2 eggs
- ☐ 1 cup milk
- ☐ 1 cup warm milk 110 degrees F/45 degrees C

- ☐ 1.5 teaspoons salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon water hot
- ☐ 2 tablespoons sugar white
- ☐ 1.8 ounce cakes compressed yeast fresh

Equipment

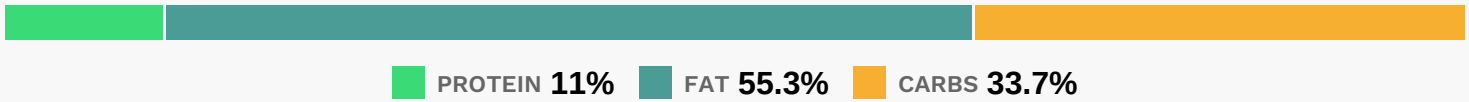
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Dissolve yeast in the warm milk in a small bowl; allow to stand for a few minutes until it becomes foamy.
- ☐ Whisk together the butter, 2 eggs, salt, 2 teaspoons sugar, and yeast mixture until the sugar has dissolved. Stir in flour to form a smooth dough. Cover with a cloth and allow to rise in a warm place until doubled in bulk, about 30 minutes.
- ☐ Meanwhile, whisk together 1 cup of milk with the cornstarch in a small saucepan. Cook over medium heat until very hot and steaming, but not quite simmering.
- ☐ Whisk 2 eggs together with 2 tablespoons sugar in a bowl until well beaten. Slowly whisk in half of the hot milk mixture, adding it about 2 tablespoons at a time until incorporated. Stir the egg mixture into the saucepan of milk, and cook gently until thickens and begins to bubble.
- ☐ Remove from heat and stir in vanilla extract. Set the filling aside to cool.
- ☐ Preheat oven to 425 degrees F (220 degrees C), and line 2 baking sheets with parchment paper.
- ☐ Punch down the dough, and divide it into two pieces.

- ☐
- Roll each piece into a 12x12 inch square, and cut each square into 9 equal pieces about 4 inches on a side.
- ☐
- Place about 1 tablespoon of the filling into the center of each piece, and fold a corner across over the filling. Fold the opposite corner across and seal the corners over the filling. Fold the two remaining corners across the filling and seal to make a tidy packet enclosing the filling.
- ☐
- Place the filled buns, folded sides down, on the prepared baking sheets, and brush each bun with beaten egg.
- ☐
- Bake in the preheated oven for 15 minutes, until the buns are golden brown, and let cool.
- ☐
- Stir together the confectioners' sugar, hot water, and cocoa powder in a bowl, and spread the icing onto each bun. Refrigerate leftover buns.

Nutrition Facts



Properties

Glycemic Index:10.89, Glycemic Load:1.41, Inflammation Score:-3, Nutrition Score:4.8778261183559%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 109.36kcal (5.47%), Fat: 6.98g (10.73%), Saturated Fat: 4.05g (25.3%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 8.59g (3.12%), Sugar: 7.59g (8.44%), Cholesterol: 44.09mg (14.7%), Sodium: 256.83mg (11.17%), Alcohol: 0.08g (100%), Alcohol %: 0.18% (100%), Protein: 3.12g (6.24%), Vitamin B1: 0.33mg (22.05%), Folate: 70.15µg (17.54%), Vitamin B2: 0.19mg (11.13%), Phosphorus: 65.62mg (6.56%), Vitamin B5: 0.6mg (6.05%), Vitamin B3: 1.19mg (5.95%), Vitamin A: 241.1IU (4.82%), Selenium: 3.18µg (4.55%), Calcium: 40.77mg (4.08%), Fiber: 0.97g (3.89%), Vitamin B12: 0.22µg (3.74%), Vitamin B6: 0.07mg (3.62%), Zinc: 0.48mg (3.17%), Vitamin D: 0.44µg (2.97%), Potassium: 88.33mg (2.52%), Magnesium: 8.62mg (2.15%), Copper: 0.04mg (2%), Manganese: 0.03mg (1.74%), Vitamin E: 0.24mg (1.58%), Iron: 0.28mg (1.53%)