

Croissants With Sesame Seeds (Kifli)

READY IN



45 min.

SERVINGS



50

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups milk lukewarm
- 1 package yeast dry
- 6 teaspoons sugar
- 2 tablespoons flour
- 1 tablespoon double-acting baking powder
- 2 teaspoons salt
- 0.5 cup vegetable oil
- 4 eggs separated
- 6 cups flour

- 1 stick butter
- 50 servings sesame seed

Equipment

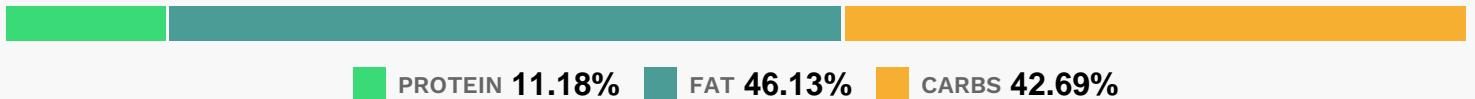
- bowl
- baking sheet
- oven
- knife
- whisk
- mixing bowl
- wooden spoon
- kitchen towels

Directions

- In a large, deep mixing bowl pour in lukewarm milk.
- Stir in the sugar, 2 tablespoons of flour, and the yeast.
- Let stand for ten minutes.
- Add in the baking powder, salt, vegetable oil, egg whites, and 6 cups of flour.
- Stir with a wooden spoon until the mixture is well incorporated, you may need to get your hands in there towards the end, and then bring the dough to a lightly floured surface.
- Knead the dough for 10 minutes.
- Put the dough in a large bowl, cover it, and let it stand for one hour.
- Preheat oven at 37
- Bring the dough back to your working area and knead it again for another 5 minutes. You want to make sure that all those air bubbles are out.
- Form the dough into a log and cut it into 5 or 6 equal pieces.
- Take one piece (cover the rest with a kitchen towel), and roll it out to a size as big as a medium pizza.
- With a knife, cut the rolled out dough into 8 equal slices.

- Beginning at the widest point of the slice start rolling it towards the narrowest point.
- Place the croissants on a lightly greased baking sheet.
- Continue to do this with the rest of the dough.
- In a small mixing bowl, whisk the 4 egg yolks.
- Brush each croissant with the egg yolk.
- Top each croissant with sesame seeds.
- Put 4 or 5 small pieces of margarine throughout the baking sheet.
- Bake for 15 to 20 minutes, or until golden brown.
- Cover with a kitchen towel while they are cooling.
- Serve immediately or store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:9.34, Inflammation Score:-3, Nutrition Score:6.5078260869565%

Nutrients (% of daily need)

Calories: 134.96kcal (6.75%), Fat: 7.04g (10.83%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 14.66g (4.89%), Net Carbohydrates: 13.26g (4.82%), Sugar: 1.03g (1.14%), Cholesterol: 14.27mg (4.76%), Sodium: 149.74mg (6.51%), Protein: 3.84g (7.68%), Copper: 0.35mg (17.6%), Manganese: 0.3mg (15.16%), Vitamin B1: 0.21mg (13.73%), Selenium: 9.22µg (13.17%), Calcium: 109.16mg (10.92%), Iron: 1.97mg (10.92%), Folate: 40.71µg (10.18%), Phosphorus: 90.34mg (9.03%), Magnesium: 33.25mg (8.31%), Vitamin B2: 0.13mg (7.73%), Vitamin B3: 1.33mg (6.67%), Fiber: 1.4g (5.58%), Zinc: 0.82mg (5.49%), Vitamin B6: 0.08mg (4.21%), Vitamin A: 116.38IU (2.33%), Potassium: 75.67mg (2.16%), Vitamin B5: 0.18mg (1.82%), Vitamin B12: 0.09µg (1.44%), Vitamin D: 0.18µg (1.19%), Vitamin E: 0.18mg (1.18%)