

## Flaky Croissants

READY IN



45 min.

SERVINGS



8

CALORIES



376 kcal

SIDE DISH

### Ingredients

- 0.3 ounce yeast dry
- 1 cup butter cold cubed
- 1 eggs beaten
- 2.5 cups flour all-purpose
- 0.8 teaspoon salt
- 1 tablespoon shortening
- 1 tablespoon sugar
- 1 cup water (120° to 130°)

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- wire rack
- plastic wrap

## Directions

- In a large bowl, combine 1 cup flour, sugar, yeast and salt.
- Add warm water and shortening. Beat on medium speed for 2 minutes.
- Add 1/2 cup flour; beat 2 minutes longer. Stir in enough remaining flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 45 minutes. Punch dough down. Cover and refrigerate for 2 hours.
- Turn dough onto a lightly floured surface; roll into a 15-in. x 10-in. rectangle. In a small bowl, beat cold butter until softened but still cold.
- Spread dough with a fourth of the butter. Fold dough into thirds, starting with a short side. Turn dough a quarter turn. Repeat rolling, buttering and folding three times. Wrap in plastic wrap. Refrigerate overnight.
- On a floured surface, roll dough into a 14-in. square. With a sharp knife, cut into quarters.
- Cut each quarter diagonally in half, forming two triangles.
- Roll up triangles from the wide end; place with pointed end down 2 in. apart on a greased baking sheet. Curve ends to form a crescent shape. Cover and refrigerate for 20 minutes.
- Brush with egg.
- Bake at 425° for 13–18 minutes or until golden brown.
- Remove from pan to a wire rack to cool.

## Nutrition Facts

PROTEIN 5.63% FAT 60.85% CARBS 33.52%

## Properties

Glycemic Index:24.39, Glycemic Load:22.62, Inflammation Score:-6, Nutrition Score:7.9247826700625%

## Nutrients (% of daily need)

Calories: 376.3kcal (18.81%), Fat: 25.59g (39.37%), Saturated Fat: 15.23g (95.16%), Carbohydrates: 31.72g (10.57%), Net Carbohydrates: 30.43g (11.07%), Sugar: 1.64g (1.82%), Cholesterol: 81.47mg (27.16%), Sodium: 411.07mg (17.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.65%), Vitamin B1: 0.41mg (27.2%), Folate: 95.65µg (23.91%), Selenium: 15.29µg (21.85%), Vitamin B2: 0.26mg (15.5%), Vitamin A: 738.79IU (14.78%), Manganese: 0.27mg (13.57%), Vitamin B3: 2.68mg (13.39%), Iron: 1.94mg (10.76%), Phosphorus: 65.53mg (6.55%), Vitamin E: 0.84mg (5.58%), Fiber: 1.29g (5.17%), Vitamin B5: 0.42mg (4.17%), Copper: 0.07mg (3.45%), Zinc: 0.44mg (2.96%), Vitamin K: 2.97µg (2.83%), Magnesium: 10.6mg (2.65%), Vitamin B6: 0.04mg (2.03%), Potassium: 64.73mg (1.85%), Calcium: 17.07mg (1.71%), Vitamin B12: 0.1µg (1.63%)