

Taste of Home

Hungarian Nut Horns

 Vegetarian

READY IN



55 min.

SERVINGS



96

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 ounce yeast dry
- 0.3 cup water (110°-115°)
- 4 cups flour all-purpose
- 0.5 teaspoon salt
- 1.5 cups butter cold cubed
- 3 large egg yolk lightly beaten
- 0.3 cup cream sour
- 1 teaspoon vanilla extract

- 1 serving powdered sugar
- 3 large egg whites
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1.5 cups walnuts

Equipment

- bowl
- baking sheet
- oven

Directions

- In a small bowl, dissolve yeast in water; set aside. In a large bowl, combine flour and salt; cut in butter until mixture resembles coarse crumbs.
- Add the egg yolks, sour cream, vanilla and yeast mixture.
- Mix well with hands (dough will not be sticky).
- For filling, in a small bowl, beat egg whites on medium speed until soft peaks form. Gradually beat in sugar, 1 tablespoon at a time, on high until stiff peaks form. Beat in vanilla. Fold in walnuts.
- Divide dough into eight portions. On a work surface heavily coated with confectioners' sugar, roll one portion into a 12-in. circle.
- Cut into 12 wedges.
- Spread 1 teaspoon filling over each wedge; tuck in edges of wide end and roll up toward narrow point. Repeat with remaining dough and filling, adding confectioners' sugar to work surface as needed.
- Place on parchment-lined baking sheets.
- Bake at 375° for 12-14 minutes or until lightly browned.
- Remove to wire racks.

Nutrition Facts



■ PROTEIN 6.23% ■ FAT 56.62% ■ CARBS 37.15%

Properties

Glycemic Index:2.24, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:1.4904347726184%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 68.6kcal (3.43%), Fat: 4.39g (6.75%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 6.2g (2.25%), Sugar: 2.27g (2.52%), Cholesterol: 13.72mg (4.57%), Sodium: 37.31mg (1.62%), Alcohol: 0.03g (100%), Alcohol %: 0.23% (100%), Protein: 1.09g (2.17%), Manganese: 0.1mg (4.95%), Vitamin B1: 0.06mg (3.77%), Folate: 14.01µg (3.5%), Selenium: 2.44µg (3.48%), Vitamin B2: 0.04mg (2.44%), Vitamin A: 100.39IU (2.01%), Copper: 0.04mg (1.9%), Vitamin B3: 0.36mg (1.81%), Iron: 0.31mg (1.75%), Phosphorus: 15.96mg (1.6%), Fiber: 0.28g (1.13%), Magnesium: 4.36mg (1.09%)