



## Kalches or Pudding Mix Kolaches

 Vegetarian

READY IN



135 min.

SERVINGS



30

CALORIES



130 kcal

### Ingredients

- 2 eggs
- 5 cups bread flour
- 1.5 cups milk
- 2 tsp salt
- 0.5 cup butter unsalted
- 4 oz vanilla pudding
- 0.5 cup water
- 2 envelopes yeast

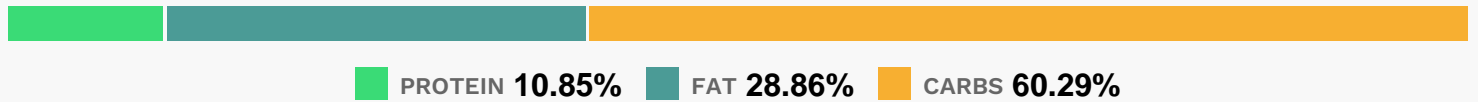
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Make cooked pudding according to package directions using 1 1/2 cups milk.
- Remove from heat. Stir in butter and cool to lukewarm, stirring occasionally. Dissolve yeast in warm water and stir into pudding. Beat in eggs and salt.
- Add enough flour to make moderately soft dough. Turn out onto floured surface and knead 5 to 10 minutes, then place in greased bowl, turn once to grease surface. Cover and let rise in warm place until double. Punch down. Form dough balls the size of a walnut and arrange on greased cookie sheet 1 1/2 inches apart. Punch down center of dough ball and fill hollow with cherry pie filling.
- Let rise until almost double.
- Bake at 375 for 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:3.5, Glycemic Load:10.01, Inflammation Score:-1, Nutrition Score:2.9173913105674%

## Nutrients (% of daily need)

Calories: 129.69kcal (6.48%), Fat: 4.13g (6.36%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 18.78g (6.83%), Sugar: 3.66g (4.07%), Cholesterol: 20.51mg (6.84%), Sodium: 189.1mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Selenium: 9.51µg (13.59%), Manganese: 0.17mg (8.43%), Vitamin B1: 0.08mg (5.08%), Folate: 19.29µg (4.82%), Phosphorus: 42.29mg (4.23%), Vitamin B2: 0.06mg (3.72%), Vitamin A: 130.57IU (2.61%), Fiber: 0.65g (2.59%), Vitamin B5: 0.25mg (2.49%), Copper: 0.04mg (2.22%), Calcium: 21.23mg (2.12%), Vitamin B3: 0.41mg (2.06%), Zinc: 0.31mg (2.05%), Magnesium: 7.4mg (1.85%), Vitamin D: 0.25µg (1.66%), Vitamin B12: 0.1µg (1.65%), Potassium: 49.33mg (1.41%), Iron: 0.25mg (1.41%), Vitamin E: 0.21mg (1.39%), Vitamin B6: 0.03mg (1.36%)