



Kolache

 Vegetarian

READY IN



50 min.

SERVINGS



20

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons active yeast dry
- ☐ 1.5 cups all purpose flour
- ☐ 8 oz cream cheese
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 1 pound flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 2 teaspoons juice of lemon

- ☐ 1 teaspoon salt
- ☐ 4 oz butter unsalted softened
- ☐ 1 teaspoon vanilla
- ☐ 1 cup milk whole warmed

Equipment

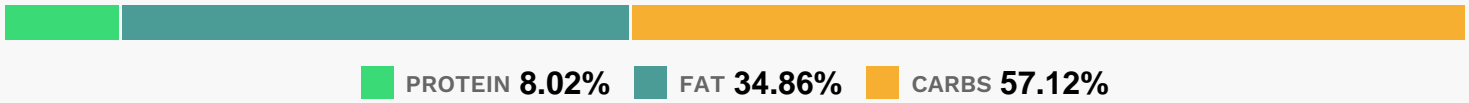
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Combine 1/3 cup of the milk and 1 teaspoon of the sugar in a small bowl and stir to dissolve sugar. Stir in the yeast and let sit for 5 minutes.
- ☐ Put the flour in a large mixing bowl and make a well in the center.
- ☐ Pour the remaining 2/3 cup of milk, remaining sugar, egg, butter, salt and the yeast mixture into the well and mix until smooth. Form the dough into a ball and place in a greased bowl. Cover and place in a warm spot to rise until doubled in size – about 2 hours. Make the posypka.
- ☐ Combine the butter, sugar and flour in a bowl and mix until it resembles a coarse meal. Make the filling. Beat together softened cream cheese and sugar. Beat in lemon juice. Reduce speed to low and beat in egg yolk and vanilla.
- ☐ Bake. When the dough has risen, preheat the oven to 350 degrees F. Butter and flour two baking sheets (I just used parchment). Punch down the dough to get rid of air. Scoop out 2-inch balls of dough (mine were larger) and drop them onto a floured work surface.
- ☐ Roll each scoop of dough into a ball, then press them down into a disk or a square. Press a finger into the center of each disk and fill the indentation with 1 to 2 teaspoons of filling.
- ☐ Place the disks on the baking sheets 2 inches apart.
- ☐ Let rise for 10 minutes
- ☐ Brush tops lightly with melted butter.
- ☐ Sprinkle the posypka on top.

- ☐
- Bake for 15–20 minutes.
- ☐
- Remove from sheet and let cool. Makes about 15 to 20, depending on how big you make the rolls.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:25.06, Inflammation Score:-4, Nutrition Score:6.3017390286145%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 250.85kcal (12.54%), Fat: 9.72g (14.96%), Saturated Fat: 5.64g (35.27%), Carbohydrates: 35.86g (11.95%), Net Carbohydrates: 34.91g (12.69%), Sugar: 11.14g (12.37%), Cholesterol: 43.59mg (14.53%), Sodium: 162.02mg (7.04%), Alcohol: 0.07g (100%), Alcohol %: 0.11% (100%), Protein: 5.03g (10.07%), Vitamin B1: 0.3mg (19.88%), Selenium: 13.46µg (19.23%), Folate: 69.65µg (17.41%), Vitamin B2: 0.23mg (13.75%), Manganese: 0.22mg (11.2%), Vitamin B3: 2.05mg (10.23%), Iron: 1.58mg (8.78%), Phosphorus: 70.73mg (7.07%), Vitamin A: 339.54IU (6.79%), Fiber: 0.95g (3.8%), Vitamin B5: 0.36mg (3.63%), Calcium: 34.99mg (3.5%), Zinc: 0.41mg (2.76%), Copper: 0.05mg (2.7%), Magnesium: 10.22mg (2.55%), Vitamin B12: 0.14µg (2.33%), Potassium: 77.31mg (2.21%), Vitamin D: 0.32µg (2.1%), Vitamin E: 0.3mg (2.02%), Vitamin B6: 0.04mg (2.01%)