



## Kolaches

READY IN



45 min.

SERVINGS



48

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 pound butter at room temperature ( )
- 2 egg yolk
- 3 cups flour
- 2 cups milk
- 1 can poppy seeds
- 2 teaspoons salt
- 0.5 cup shortening
- 10 ounces sugar
- 0.5 cup water

- 2 yeast

## Equipment

- sauce pan
- oven
- blender
- baking pan

## Directions

- Sprinkle 1 tablespoon sugar over the yeast and dissolve in lukewarm water. Set aside.
- Heat the milk in a small saucepan and dissolve the shortening in it. Cool to lukewarm; then add salt, egg yolks, and sugar.
- Combine milk/egg mixture and yeast mixture.
- Add flour gradually and work dough by hand or with a mixer until glossy. Keep it a little sticky, if possible. Cover, place in a warm, draft-free place, and let rise until double in size, 45 minutes to one hour. After the dough has risen, punch it down and knead lightly. Divide into egg-sized portions with a spoon and form balls.
- Place on well-oiled baking pans about an inch apart and butter well.
- Let rise about 15 minutes, then make indentations in the dough balls for the filling. Fill each indentation with a large teaspoon filling. Make the Popsika with by combining 1/2 cup sugar, 1/4 cup flour, 1 teaspoon cinnamon, and 2 tablespoons of melted butter until the mixture resembles crumbs.
- Sprinkle the Popsika over the filling.
- Place pans of kolache in a warm, draft free place, and allow to double in size again, about 45 minutes to one hour.
- Place in an oven preheated to 375 degrees.
- Bake until golden brown, then remove the kolaches from the oven. Cool slightly, remove from pans, and cool on wire racks.

## Nutrition Facts



■ PROTEIN 4.63% ■ FAT 52.02% ■ CARBS 43.35%

## Properties

Glycemic Index:4.96, Glycemic Load:8.62, Inflammation Score:-1, Nutrition Score:1.874347826087%

## Nutrients (% of daily need)

Calories: 112.69kcal (5.63%), Fat: 6.6g (10.15%), Saturated Fat: 3.24g (20.23%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 12.15g (4.42%), Sugar: 6.41g (7.12%), Cholesterol: 19.48mg (6.49%), Sodium: 131.95mg (5.74%), Protein: 1.32g (2.64%), Vitamin B1: 0.07mg (4.92%), Selenium: 3.35µg (4.79%), Folate: 16.53µg (4.13%), Vitamin B2: 0.06mg (3.59%), Vitamin A: 145.36IU (2.91%), Manganese: 0.06mg (2.81%), Vitamin B3: 0.49mg (2.46%), Phosphorus: 23.21mg (2.32%), Iron: 0.39mg (2.18%), Vitamin E: 0.27mg (1.8%), Calcium: 16.3mg (1.63%), Vitamin K: 1.53µg (1.45%), Vitamin B12: 0.08µg (1.29%), Vitamin B5: 0.12mg (1.2%), Vitamin D: 0.15µg (1.02%)