



Kolaches II

READY IN



125 min.

SERVINGS



36

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 tablespoons active yeast dry
- 4 egg yolks beaten
- 5 cups flour all-purpose
- 0.5 cup fruit preserves
- 0.5 teaspoon lemon extract
- 2.5 cups scalded milk
- 1.5 teaspoons salt
- 1 cup shortening
- 0.5 cup sugar white

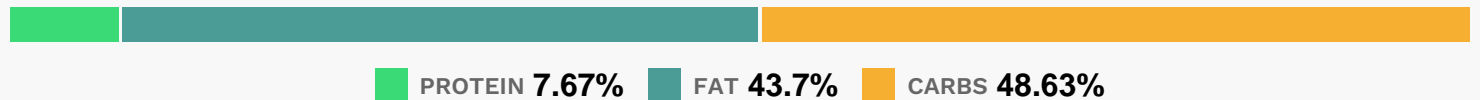
Equipment

- bowl
- baking sheet
- oven

Directions

- Cream shortening and sugar together. Stir in salt, hot milk, beaten egg yolks, and flavoring. When lukewarm, add yeast to mixture.
- Let stand 5 minutes.
- Add flour, beating well. Knead down into bowl. The dough will be slightly sticky.
- Let rise 1 hour.
- Cut off small balls of dough.
- Roll into rounds in your hands, and place on greased cookie sheets 2 inches apart.
- Let rise 15 minutes.
- Make a depression into the center of each roll. Fill with fruit preserves.
- Bake at 450 degrees F (230 degrees C) until brown. Watch carefully. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:11.82, Inflammation Score:-2, Nutrition Score:3.7691304411577%

Nutrients (% of daily need)

Calories: 143.25kcal (7.16%), Fat: 6.96g (10.71%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 17.43g (5.81%), Net Carbohydrates: 16.86g (6.13%), Sugar: 4.02g (4.46%), Cholesterol: 23.63mg (7.88%), Sodium: 105.15mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Vitamin B1: 0.17mg (11.28%), Selenium: 7.36µg (10.51%), Folate: 38.66µg (9.66%), Vitamin B2: 0.13mg (7.51%), Manganese: 0.12mg (6.1%), Vitamin B3: 1.12mg (5.62%), Iron: 0.88mg (4.89%), Phosphorus: 45.12mg (4.51%), Vitamin K: 3.3µg (3.14%), Vitamin E: 0.42mg (2.8%), Calcium: 26.39mg (2.64%), Vitamin B5: 0.26mg (2.62%), Fiber: 0.57g (2.26%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%), Zinc: 0.25mg (1.69%), Magnesium: 6.21mg (1.55%), Copper: 0.03mg (1.51%), Potassium: 50.77mg

(1.45%), Vitamin B6: 0.03mg (1.4%), Vitamin A: 66.23IU (1.32%)