



WHATSHEATE



Kolaches Made With Potato Flakes



Vegetarian

READY IN



195 min.

SERVINGS



10

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 12 oz bread flour
- ☐ 10 servings butter melted for brushing
- ☐ 1 large eggs
- ☐ 0.3 cup granulated sugar
- ☐ 3 tablespoons hungry jack potato flakes
- ☐ 1 teaspoon salt
- ☐ 0.8 cup milk whole
- ☐ 1 packet platinum star yeast red

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ stand mixer
- ☐ microwave
- ☐ measuring cup

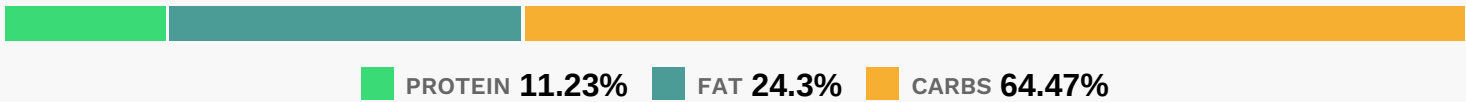
Directions

- ☐ Put the milk and butter in a large saucepan or 2 cup Pyrex type microwave-safe measuring cup and heat until it just begins to boil.
- ☐ Remove from heat (or microwave) stick a thermometer in it.
- ☐ Let cool to 130 degrees. Meanwhile, combine only 2 cups of the flour, salt, sugar, yeast and potato flakes in a mixing bowl – preferably a stand mixer bowl so you can use the dough hook.
- ☐ Add the milk mixture and stir until blended, then add the egg and stir until well blended.
- ☐ Add another 1/3 cup of flour – dough should still be a little sticky, but not wet. Start kneading with the dough hook. If a lot of the dough still sticks to the sides of the bowl as you start to knead, continue adding flour a few tablespoons at a time. If you weighed your flour, you will probably use the entire 2 2/3 cup (12 oz) of flour. If you are a heavy handed scooper who doesn't weigh, you may need only the 2 1/3 cup. Knead until dough is smooth and elastic. It should be easy to handle at this point.
- ☐ Transfer to a greased bowl and let it pick up some of the butter/oil from the bowl, then flip it so you have a nice, greasy, ball. Cover and let rise for 1 hour or until doubled in bulk. Punch down! Pull off egg size chunks, smooth them into balls and arrange them a little over an 1 inch

apart in two 9×13 pans that you’ve lined with parchment. You can also use baking sheets, but I find pans easier to cover.

- ☐ Brush generously with more melted butter and cover pan with plastic wrap.
- ☐ Let rise for one hour. Make indentations in the buns and fill with cheese mixture or fruit pie filling.
- ☐ Sprinkle with crumb mixture.
- ☐ Bake at 375 degrees F for about 15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:19.8, Inflammation Score:-2, Nutrition Score:5.3843478379042%

Nutrients (% of daily need)

Calories: 214.02kcal (10.7%), Fat: 5.77g (8.87%), Saturated Fat: 3.16g (19.78%), Carbohydrates: 34.44g (11.48%), Net Carbohydrates: 33.14g (12.05%), Sugar: 6.15g (6.83%), Cholesterol: 31.55mg (10.52%), Sodium: 284.45mg (12.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Selenium: 16.12µg (23.03%), Manganese: 0.28mg (14.08%), Vitamin B1: 0.16mg (10.7%), Folate: 32.15µg (8.04%), Phosphorus: 73.96mg (7.4%), Vitamin B2: 0.1mg (6.12%), Fiber: 1.3g (5.19%), Vitamin B5: 0.49mg (4.86%), Vitamin B3: 0.92mg (4.62%), Vitamin C: 3.6mg (4.36%), Copper: 0.08mg (3.82%), Vitamin B6: 0.08mg (3.8%), Magnesium: 14.71mg (3.68%), Vitamin A: 182.76IU (3.66%), Potassium: 125.11mg (3.57%), Zinc: 0.52mg (3.47%), Calcium: 33.21mg (3.32%), Iron: 0.47mg (2.6%), Vitamin B12: 0.15µg (2.54%), Vitamin E: 0.32mg (2.1%), Vitamin D: 0.3µg (2.01%)