

Kolaczki

READY IN

ready

45 min.

SERVINGS

servings

48

CALORIES

calories

164 kcal

DESSERT

Ingredients

- ☐ 1 ounce active yeast dry
- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.3 cup confectioners' sugar for decoration
- ☐ 4 egg yolks
- ☐ 5 cups flour all-purpose
- ☐ 1 cup any flavor fruit jam
- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 1 pound shortening

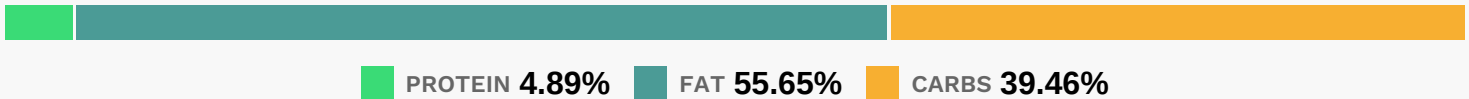
Equipment

- ☐ bowl
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Warm milk to just above room temperature. Dissolve the yeast in the milk, set aside. In a medium bowl, stir together the flour, salt and baking powder.
- ☐ Cut in the shortening until the mixture is mealy. Stir in the egg yolks and milk mixture. Knead the dough together and then refrigerate overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Dust a clean, dry surface with confectioners' sugar. Knead the dough for a few minutes. Carefully roll out your dough to 1/4 inch thickness.
- ☐ Cut out circles with a cookie cutter.
- ☐ Place a teaspoon of jam on the center of each circle, fold the dough over, and seal the edge with a fork.
- ☐ Bake for 12 to 15 minutes in the preheated oven. Do not store in an airtight container or they will become soggy.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:9.98, Inflammation Score:-1, Nutrition Score:3.4621739128362%

Nutrients (% of daily need)

Calories: 163.8kcal (8.19%), Fat: 10.19g (15.67%), Saturated Fat: 2.63g (16.42%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 15.66g (5.7%), Sugar: 4.54g (5.04%), Cholesterol: 16.81mg (5.6%), Sodium: 80.82mg (3.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Vitamin B1: 0.18mg (11.71%), Folate: 40.62µg (10.15%), Selenium: 5.54µg (7.92%), Vitamin B2: 0.11mg (6.38%), Vitamin B3: 1.01mg (5.07%), Vitamin K: 5.09µg (4.85%), Manganese: 0.09mg (4.73%), Vitamin E: 0.64mg (4.25%), Iron: 0.73mg (4.04%), Phosphorus: 35.63mg (3.56%), Vitamin B5: 0.27mg (2.66%), Calcium: 26.56mg (2.66%), Fiber: 0.59g (2.36%), Copper: 0.03mg (1.49%),

Zinc: 0.2mg (1.32%), Vitamin B6: 0.02mg (1.22%), Magnesium: 4.22mg (1.06%)