

## Kringlor (Twists)

 Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 lb butter at room temperature
- ☐ 1 large eggs
- ☐ 1 large eggs separated
- ☐ 3 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 2 large hard-cooked egg yolks
- ☐ 0.3 teaspoon salt
- ☐ 60 servings soy-sesame dipping sauce

☐ 0.3 cup coarse decorating sugar

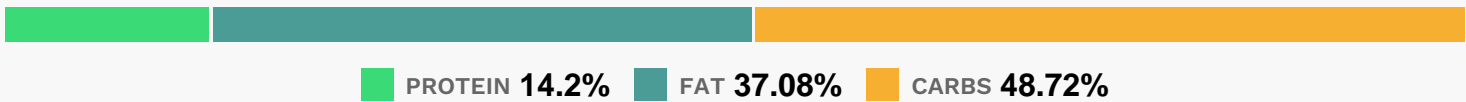
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ spatula

## Directions

- ☐ In a bowl, with a mixer on high speed, beat butter and granulated sugar until fluffy.
- ☐ Add hard-cooked egg yolks, uncooked egg yolk, uncooked whole egg, and salt; beat on medium speed until blended. Stir in flour, then beat until well blended.
- ☐ Shape dough into 1-inch balls; cover with plastic wrap. On a lightly floured board, roll each ball under your palm into a 6-inch-long rope. On a 12- by 15-inch baking sheet (you'll need 3 total), twist each rope into a figure eight and press ends lightly together; space twists about 1 inch apart. Beat remaining egg white to blend; lightly brush over twists.
- ☐ Sprinkle with pearl sugar.
- ☐ Bake in a 350 oven until twists are golden brown, about 20 minutes (16 to 18 minutes in a 325 convection oven). If using 1 oven, switch pan positions after 10 minutes. With a wide spatula, transfer twists to racks to cool.
- ☐ Serve warm or cool.

## Nutrition Facts



## Properties

Glycemic Index:3.84, Glycemic Load:6.68, Inflammation Score:-2, Nutrition Score:2.3895652297398%

Nutrients (% of daily need)

Calories: 82.81kcal (4.14%), Fat: 3.47g (5.34%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 9.95g (3.62%), Sugar: 4.78g (5.31%), Cholesterol: 12.42mg (4.14%), Sodium: 1055.42mg (45.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Manganese: 0.13mg (6.68%), Vitamin B3: 1.08mg (5.42%), Selenium: 3.31µg (4.73%), Vitamin B2: 0.08mg (4.51%), Iron: 0.77mg (4.28%), Vitamin B1: 0.06mg (4.12%), Folate: 16.23µg (4.06%), Phosphorus: 37.19mg (3.72%), Vitamin A: 152.88IU (3.06%), Magnesium: 9.06mg (2.26%), Vitamin B6: 0.04mg (2.2%), Copper: 0.04mg (1.75%), Vitamin B5: 0.15mg (1.47%), Potassium: 50.93mg (1.46%), Fiber: 0.31g (1.25%), Zinc: 0.16mg (1.07%), Vitamin E: 0.16mg (1.04%)