

Lemon Kolaches

 Vegetarian

READY IN



40 min.

SERVINGS



24

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 ounce yeast dry
- 0.5 cup butter softened
- 8 ounces cream cheese softened
- 1 eggs
- 3 eggs
- 4.5 cups flour all-purpose
- 0.5 teaspoon lemon zest grated
- 0.8 cup milk (110° to 115°)

- 1 teaspoon salt
- 0.3 cup sugar

Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack

Directions

- In a large bowl, dissolve yeast in warm milk.
- Add sugar, butter, salt, lemon peel, eggs and 2 cups of flour; beat until smooth.
- Add enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down. Divide in half; shape each half into 12 balls.
- Place 3 in. apart on greased baking sheets. Flatten each ball to a 3-in. circle. Cover and let rise in a warm place until doubled, about 30 minutes.
- In a small bowl, beat all filling ingredients until smooth. Make a depression in the center of each roll; add filling.
- Bake at 375° for 8–10 minutes or until golden brown.
- Remove from pan to cool on a wire rack.

Nutrition Facts

 PROTEIN 10.06%  FAT 42.21%  CARBS 47.73%

Properties

Glycemic Index:10.84, Glycemic Load:14.67, Inflammation Score:-3, Nutrition Score:5.363913015503%

Nutrients (% of daily need)

Calories: 177.32kcal (8.87%), Fat: 8.31g (12.78%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 21.14g (7.05%), Net Carbohydrates: 20.35g (7.4%), Sugar: 2.9g (3.22%), Cholesterol: 47.91mg (15.97%), Sodium: 171.08mg (7.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.91%), Vitamin B1: 0.26mg (17.24%), Selenium: 11.26µg (16.09%), Folate: 61.16µg (15.29%), Vitamin B2: 0.21mg (12.19%), Manganese: 0.17mg (8.27%), Vitamin B3: 1.65mg (8.23%), Iron: 1.24mg (6.9%), Phosphorus: 62.55mg (6.25%), Vitamin A: 297.07IU (5.94%), Vitamin B5: 0.38mg (3.82%), Fiber: 0.8g (3.18%), Calcium: 27.62mg (2.76%), Zinc: 0.39mg (2.59%), Vitamin B12: 0.14µg (2.26%), Copper: 0.04mg (2.18%), Vitamin B6: 0.04mg (2.09%), Magnesium: 8.22mg (2.06%), Vitamin E: 0.29mg (1.91%), Potassium: 66.01mg (1.89%), Vitamin D: 0.23µg (1.54%)