



Maple-Glazed Cardamom Twists

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 package active yeast dry
- ☐ 0.3 cup butter softened cut into chunks (see notes)
- ☐ 2 large eggs lightly beaten to blend
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cardamom
- ☐ 0.5 cup milk
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons sugar

- ☐ 6 cups vegetable oil for frying

Equipment

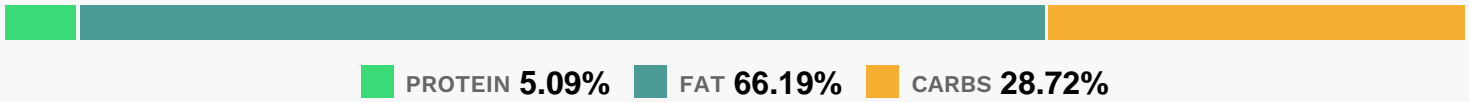
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ blender
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ In the bowl of a standing mixer or another large bowl, stir yeast into 1/4 cup warm (11
- ☐ water.
- ☐ Let stand until foamy, about 10 minutes. With a wooden spoon, stir in sugar, milk, and eggs (or beat in with paddle attachment); stir or beat in 2 3/4 cups flour, salt, and cardamom (dough will be soft and sticky). Stir or beat in butter, a few chunks at a time, until well incorporated.
- ☐ If using a mixer: Continue to beat at medium-low speed until dough pulls from sides of bowl, 4 to 5 minutes; add up to 1/4 cup more flour if necessary. Scrape dough down if it crawls up beater or sides of bowl.
- ☐ Remove beater and scrape clean. Scrape dough onto a well-floured board and knead briefly to bring together.
- ☐ If mixing by hand: Scrape dough onto a lightly floured board and knead until smooth and velvety, about 5 minutes, adding more flour as needed to prevent sticking.
- ☐ Return to bowl, cover with plastic wrap, and let stand in a warm place until dough has doubled, 1 1/2 to 2 hours.
- ☐ Scrape dough onto lightly floured board and press gently to expel air. Divide into 24 equal pieces. With floured hands, divide each piece in half. Form each half into a rope about 4 inches long and 1/2 inch thick. Twist the two ropes together, pinching ends together.

- ☐ Place twists about 1 inch apart on a floured baking sheet and cover with plastic wrap.
- ☐ Let rise until nearly doubled in size, about 30 minutes.
- ☐ Meanwhile, fill an electric deep-fryer to the fill line or pour about 4 inches of oil into a 5- to 6-quart pan and heat to 37
- ☐ With a wide spatula, gently slide two twists into oil, one at a time. Cook, turning once, until golden brown on both sides, about 3 minutes total. With a slotted spoon, transfer to paper towels to drain. Repeat to fry remaining twists.
- ☐ When cool enough to handle, dip top half of warm twists in maple glaze.
- ☐ Place on a plate or rack and let stand until glaze is set, about 2 minutes.
- ☐ Maple glaze: In a bowl, mix 1 cup powdered sugar, 1/2 cup maple syrup, and 1 tablespoon milk until smooth.

Nutrition Facts



Properties

Glycemic Index:9.92, Glycemic Load:9.77, Inflammation Score:-3, Nutrition Score:4.2639130854412%

Nutrients (% of daily need)

Calories: 191.83kcal (9.59%), Fat: 14.2g (21.85%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 13.34g (4.85%), Sugar: 1.8g (2%), Cholesterol: 22.89mg (7.63%), Sodium: 125.51mg (5.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin K: 20.34µg (19.37%), Vitamin B1: 0.16mg (10.64%), Selenium: 6.74µg (9.62%), Folate: 37.47µg (9.37%), Vitamin B2: 0.12mg (6.85%), Vitamin E: 1.02mg (6.8%), Manganese: 0.13mg (6.62%), Vitamin B3: 1.05mg (5.25%), Iron: 0.82mg (4.56%), Phosphorus: 33.02mg (3.3%), Vitamin A: 109.52IU (2.19%), Fiber: 0.52g (2.09%), Vitamin B5: 0.19mg (1.94%), Zinc: 0.22mg (1.44%), Copper: 0.03mg (1.37%), Magnesium: 4.96mg (1.24%), Calcium: 12.17mg (1.22%), Vitamin B12: 0.07µg (1.17%), Vitamin B6: 0.02mg (1.09%)