



## Maple Sugar Ragamuffins

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



186 kcal

SIDE DISH

### Ingredients

- 1 tablespoon double-acting baking powder
- 2 cups flour all-purpose
- 6 ounces maple sugar
- 0.5 teaspoon salt
- 6 tablespoons butter unsalted softened well
- 0.8 cup milk whole

### Equipment

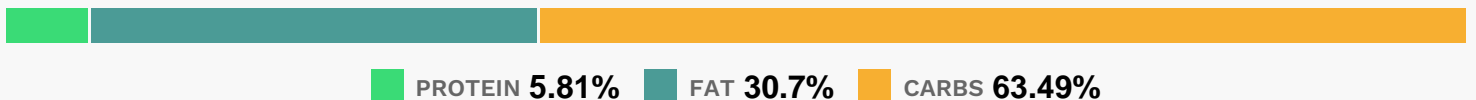
- bowl

- baking sheet
- oven
- knife
- whisk
- blender
- rolling pin

## Directions

- Put oven rack in middle position and preheat oven to 400°F. Line a large (17- by 14-inch) baking sheet with parchment.
- Whisk together flour, maple sugar, baking powder, and salt in a large bowl. Blend in butter with a pastry blender or your fingertips until most of mixture resembles coarse meal with some small (roughly pea-size) butter lumps.
- Add milk and stir with a fork until a shaggy dough forms. Gently knead dough 8 to 10 times with floured hands on a lightly floured surface.
- Roll out dough on a lightly floured surface with a floured rolling pin into a 13- by 11-inch rectangle.
- Spread softened butter evenly over dough and sprinkle all over with maple sugar, pressing firmly to help adhere. Beginning with one long side, roll up dough snugly, jelly-roll style.
- Cut roll crosswise into 12 slices with a sharp knife. Arrange slices, cut sides down, 2 inches apart on baking sheet. Gather any maple sugar from work surface and sprinkle on top of rolls.
- Bake until rolls are puffed and golden, 18 to 20 minutes.
- Transfer to a rack to cool until warm, about 15 minutes.
- Ragamuffins are best eaten immediately but can be made 1 day ahead and cooled completely, then kept in an airtight container at room temperature. Reheat in a 350°F oven before serving.·Maple sugar is usually sold granulated, but if you find a brand sold as very large granules, pulse the sugar in a blender until it becomes more finely granulated.

## Nutrition Facts



## Properties

Glycemic Index:22.33, Glycemic Load:20.14, Inflammation Score:-3, Nutrition Score:5.8908695293509%

## Nutrients (% of daily need)

Calories: 185.88kcal (9.29%), Fat: 6.4g (9.84%), Saturated Fat: 3.92g (24.48%), Carbohydrates: 29.78g (9.93%), Net Carbohydrates: 29.21g (10.62%), Sugar: 12.82g (14.25%), Cholesterol: 16.88mg (5.63%), Sodium: 211.44mg (9.19%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.73g (5.45%), Manganese: 0.77mg (38.51%), Vitamin B1: 0.17mg (11.58%), Selenium: 7.54µg (10.77%), Folate: 38.33µg (9.58%), Calcium: 95.14mg (9.51%), Vitamin B2: 0.13mg (7.54%), Iron: 1.31mg (7.26%), Zinc: 1.07mg (7.16%), Vitamin B3: 1.25mg (6.27%), Phosphorus: 61.92mg (6.19%), Vitamin A: 199.63IU (3.99%), Potassium: 85.91mg (2.45%), Magnesium: 9.52mg (2.38%), Copper: 0.05mg (2.27%), Fiber: 0.56g (2.26%), Vitamin D: 0.27µg (1.82%), Vitamin B5: 0.16mg (1.63%), Vitamin B12: 0.09µg (1.57%), Vitamin E: 0.18mg (1.22%)