



Old World Poppy Seed Roll

 Vegetarian

READY IN



170 min.

SERVINGS



16

CALORIES



173 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 0.3 cup butter
- ☐ 1 eggs white separated
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup milk hot
- ☐ 0.5 pound poppy seeds
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup warm water (100 degrees F/38 degrees C)
- ☐ 2 tablespoons sugar white

Equipment

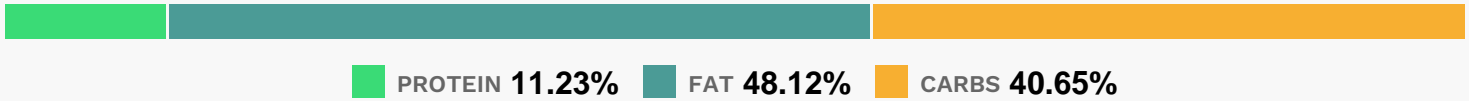
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ kitchen towels
- ☐ pastry cutter

Directions

- ☐ Place poppy seeds into a food processor and process until seeds are ground, about 1 minute.
- ☐ Mix poppy seeds with 3/4 cup sugar, 1 tablespoon melted butter, lemon juice, and hot milk in a bowl; stir to combine. Cover poppy seed filling and refrigerate while making bread (filling will set up and thicken as it chills).
- ☐ Mix yeast with water and 2 tablespoons sugar in a small bowl. Allow to stand until the yeast forms a creamy layer.
- ☐ Whisk flour with salt in a bowl; use a pastry cutter to cut 1/4 cup butter into the flour mixture until the mixture resembles coarse crumbs.
- ☐ Pour yeast mixture and egg yolk into flour mixture and stir to make a soft dough.
- ☐ Turn dough out onto a floured work surface and knead until smooth and slightly springy, about 5 minutes. If dough is too sticky, knead in more flour, about 2 tablespoons at a time.
- ☐ Cut dough into 2 equal pieces.
- ☐ Roll each piece out into a 12x16-inch rectangle.
- ☐ Spread half the poppy seed filling over each rectangle, leaving a 1-inch border. Fold the 1-inch border back over the filling on all sides and press down.

- ☐ Pick up the shorter side of a dough rectangle and roll it like a jelly roll; repeat with second rectangle. Pinch ends together or tuck ends under to prevent filling from leaking out.
- ☐ Line a baking sheet with parchment paper; place rolls seam sides down on the baking sheet and allow to rise in a warm place until doubled, about 1 hour.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat egg white in a bowl until frothy; brush the rolls with beaten egg white.
- ☐ Bake in preheated oven until dark golden brown on top, 30 to 40 minutes.
- ☐ Remove from oven and cover rolls with a clean kitchen towel until cool to keep crust soft. Cool completely before slicing.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:9.87, Inflammation Score:-4, Nutrition Score:9.8673913401106%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Nutrients (% of daily need)

Calories: 172.51kcal (8.63%), Fat: 9.47g (14.56%), Saturated Fat: 2.72g (17%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 14.68g (5.34%), Sugar: 2.35g (2.61%), Cholesterol: 18.77mg (6.26%), Sodium: 106.89mg (4.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Manganese: 1.06mg (53%), Calcium: 218.38mg (21.84%), Vitamin B1: 0.3mg (19.87%), Phosphorus: 157.04mg (15.7%), Magnesium: 54.27mg (13.57%), Fiber: 3.31g (13.22%), Folate: 52.04µg (13.01%), Copper: 0.26mg (12.93%), Iron: 2.17mg (12.05%), Selenium: 8.28µg (11.83%), Zinc: 1.34mg (8.9%), Vitamin B2: 0.13mg (7.87%), Vitamin B3: 1.24mg (6.2%), Potassium: 139.32mg (3.98%), Vitamin B6: 0.06mg (2.91%), Vitamin E: 0.38mg (2.5%), Vitamin B5: 0.25mg (2.49%), Vitamin A: 115.86IU (2.32%), Vitamin B12: 0.07µg (1.2%)