



## Onion-Poppy Seed Twist

READY IN



45 min.

SERVINGS



8

CALORIES



319 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 2 tablespoons butter melted
- ☐ 3 tablespoons butter
- ☐ 2 large eggs divided
- ☐ 2.5 cups flour all-purpose divided
- ☐ 0.5 cup milk
- ☐ 1 cup onion diced
- ☐ 2 tablespoons poppy seeds
- ☐ 8 servings poppy seeds

- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup water
- ☐ 1 tablespoon water

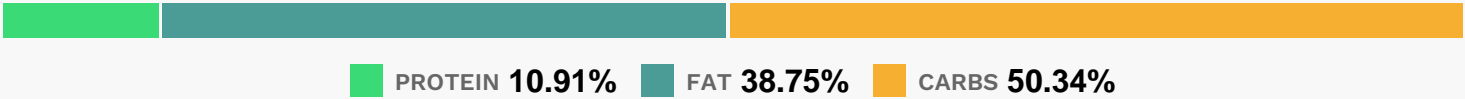
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

## Directions

- ☐ Combine 1 cup flour, sugar, yeast, and salt in a large bowl.
- ☐ Heat milk, 1/4 cup water, and 3 tablespoons butter in a saucepan until very warm (120 to 130); gradually stir into flour mixture. Stir in 1 egg and remaining 1 1/2 cups flour until blended.
- ☐ Turn dough out onto a floured surface, and knead until smooth and elastic (4 to 6 minutes).
- ☐ Place in a well-greased bowl, turning to grease top. Cover and let stand 10 minutes.
- ☐ Combine onion and next 3 ingredients in a small bowl.
- ☐ Roll dough into a 14- x 10-inch rectangle; cut in half lengthwise. Spoon half of onion mixture down center of each rectangle. Bring long sides over filling, pinching seams to seal.
- ☐ Place, seam side down and side by side, on a lightly greased baking sheet. Pinch portions together at 1 end to seal; braid portions, and pinch ends to seal.
- ☐ Cover and let rise in a warm place (85), free from drafts, 20 to 30 minutes or until doubled in bulk.
- ☐ Stir remaining 1 egg and 1 tablespoon water until blended; brush on dough.
- ☐ Sprinkle with poppy seeds.
- ☐ Bake at 350 for 35 minutes, shielding with aluminum foil after 25 minutes; cool on a wire rack.

# Nutrition Facts



## Properties

Glycemic Index:27.51, Glycemic Load:25.44, Inflammation Score:-6, Nutrition Score:14.063478108334%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 319.39kcal (15.97%), Fat: 13.88g (21.35%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 40.57g (13.52%), Net Carbohydrates: 36.74g (13.36%), Sugar: 6.56g (7.29%), Cholesterol: 48.33mg (16.11%), Sodium: 438.54mg (19.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.58%), Manganese: 1.05mg (52.73%), Vitamin B1: 0.52mg (34.92%), Folate: 111.2µg (27.8%), Selenium: 19.09µg (27.27%), Calcium: 201.41mg (20.14%), Phosphorus: 193.67mg (19.37%), Vitamin B2: 0.33mg (19.25%), Iron: 3.2mg (17.75%), Fiber: 3.83g (15.31%), Vitamin B3: 2.81mg (14.07%), Magnesium: 53.8mg (13.45%), Copper: 0.26mg (13.11%), Zinc: 1.49mg (9.95%), Vitamin A: 405.59IU (8.11%), Vitamin B5: 0.61mg (6.08%), Potassium: 204.3mg (5.84%), Vitamin B6: 0.11mg (5.68%), Vitamin E: 0.64mg (4.24%), Vitamin B12: 0.2µg (3.38%), Vitamin D: 0.42µg (2.79%), Vitamin C: 1.61mg (1.95%)