



Overnight Danish Twists

 Gluten Free

READY IN



570 min.

SERVINGS



27

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 packages yeast dry
- 0.5 cup water (105°F to 115°F)
- 4 cups yukon gold potatoes for flour
- 0.3 cup granulated sugar
- 2 teaspoons salt
- 1 cup butter cold cut into small pieces
- 4 eggs
- 1 cup milk

- 10 oz jam (1 cup)
- 1.5 cups powdered sugar
- 0.8 teaspoon vanilla
- 2 tablespoons water

Equipment

- bowl
- baking sheet
- oven
- wire rack
- blender
- plastic wrap

Directions

- In large bowl, dissolve yeast in warm water. Stir in flour, granulated sugar and salt.
- Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Separate eggs; refrigerate whites for brushing pastry. Stir yolks and 1 cup milk into flour mixture until soft dough forms. Cover bowl with plastic wrap and refrigerate at least 8 hours for proper rising but no longer than 24 hours.
- Lightly grease 2 large cookie sheets. Gently push fist into dough to deflate. Divide dough into 3 equal parts.
- Roll 1 part dough into 9x7-inch rectangle on lightly floured surface.
- Cut crosswise into nine 1-inch strips. For each twist, pinch ends of strip together to form ring, stretching strip slightly. Twist to form figure
- Place at least 2 inches apart on cookie sheet. Repeat with remaining 2 parts dough.
- Beat egg whites; brush over dough.
- Let rise uncovered at room temperature about 25 minutes or until puffy and loops fill in.
- Heat oven to 350°F. Make an indentation in center of each loop. Fill with 1/2 to 1 teaspoon jam.
- Brush dough again with egg whites.
- Bake about 15 minutes or until light golden brown.

- Remove from cookie sheet to wire rack (place rack on waxed paper to catch glaze drips).
- In small bowl, mix all Powdered Sugar Glaze ingredients until smooth and thin enough to drizzle; drizzle over warm twists.

Nutrition Facts



Properties

Glycemic Index:10.99, Glycemic Load:10.28, Inflammation Score:-2, Nutrition Score:3.6821739258973%

Flavonoids

Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 168.65kcal (8.43%), Fat: 7.81g (12.02%), Saturated Fat: 4.71g (29.43%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 22.15g (8.05%), Sugar: 14.83g (16.48%), Cholesterol: 43.41mg (14.47%), Sodium: 245.18mg (10.66%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 2.15g (4.29%), Vitamin C: 7.83mg (9.49%), Vitamin B6: 0.13mg (6.51%), Vitamin B1: 0.09mg (6.32%), Folate: 22.21µg (5.55%), Potassium: 185.55mg (5.3%), Vitamin A: 260.64IU (5.21%), Vitamin B2: 0.09mg (5.11%), Phosphorus: 49.33mg (4.93%), Fiber: 1.03g (4.1%), Selenium: 2.67µg (3.81%), Vitamin B5: 0.32mg (3.19%), Manganese: 0.06mg (3.13%), Vitamin B3: 0.6mg (3%), Copper: 0.06mg (2.86%), Magnesium: 10.87mg (2.72%), Iron: 0.46mg (2.55%), Calcium: 23.62mg (2.36%), Vitamin B12: 0.12µg (2.02%), Vitamin E: 0.28mg (1.89%), Zinc: 0.28mg (1.87%), Vitamin D: 0.23µg (1.53%), Vitamin K: 1.3µg (1.24%)