

SIDE DISH

Pan Dulce

2 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	14	\$0.16	101 kcal

Pan Dulce takes about 45 minutes from beginning to end. One portion of this dish contains about 3g of protein, 5g of fat, and a total of 101 calories. This recipe serves 14. For 16 cents per serving, this recipe covers 3% of your daily requirements of vitamins and minerals. It works well as a side d...

Ingredients

☐ ¼ ounce package active dry yeast	☐ 2 tablespoons cocoa powder (optional)
☐ 1 egg	☐ 2 egg yolks
☐ 2 eggs	☐ 2/3 cup all-purpose flour
☐ 3½ tablespoons margarine	☐ 2 tablespoons milk
☐ 1 teaspoon salt	☐ ½ cup white sugar

EQUIPMENT Bowl, Frying pan, Baking sheet, Oven, Mixing bowl, Hand mixer

Method

- 1 In a small pan, combine 6 tablespoons butter or margarine and 1 cup milk; heat to 110 degrees.
- 2 In a large mixing bowl, combine yeast, salt, 1/3 cup sugar, and 2 cups of the flour.
- 3 Pour in warmed milk mix. Beat, scraping often, with an electric mixer on medium speed for 2 minutes. Blend in 2 whole eggs and 1 cup flour; beat on high for 2 minutes. With a spoon , beat in enough of the remaining flour to form a stiff dough.

- 4 Knead on a floured board till smooth, about 5 minutes.
- 5 Place in a greased bowl, turn to grease top, cover, and let rise until doubled.
- 6 While dough is rising make streusel. Stir together 1/2 cup sugar and 2/3 cup flour.
- 7 Mix in 3 1/2 tablespoons cold butter or margarine.
- 8 Mix to get fine crumbs. Blend in 2 egg yolks with a fork. For chocolate streusel, mix 2 tablespoons cocoa powder with flour.
- 9 Punch dough down, turn onto floured board. Divide into 14 pieces. Shape each into a ball. Shape 7 into seashells. Squeeze 1/4 cup of streusel into a firm ball; and press over the top of each round. Score with slightly curved parallel lines to resemble a scallop shell.
- 10 Roll remaining dough into 4 by 8 inch ovals. Top each with 3 tablespoons streusel. To make horns, roll oval from short end; stop half way, fold in sides, and finish rolling. Curl ends in to form a crescent.
- 11 Place buns about 2 inches apart on a greased baking sheet. Cover lightly, and allow to rise until doubled, about 45 minutes. In a small bowl, beat together 1 egg and 2 tablespoons milk.
- 12 Brush buns with egg mixture.
- 13 Bake at 375 degrees F (190 degrees C) until lightly browned, about 15 to 17 minutes.

Nutrition per serving

	101 KCAL	3 g PROTEIN	5 g FAT	13 g CARBS
Saturated Fat				1.2 g · 8% of daily needs
Fibre				0.6 g · 2% of daily needs
Sugar				7.3 g · 8% of daily needs
Sodium				215 mg · 9% of daily needs
Cholesterol				63.1 mg · 21% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/pan-dulce-147214