



## Pan Dulces

 Vegetarian

READY IN



160 min.

SERVINGS



16

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 ounce active yeast dry
- 4 tablespoons butter softened
- 2 egg yolks
- 2 eggs
- 0.7 cup flour all-purpose
- 1 cup milk
- 1 teaspoon salt
- 0.5 cup sugar white

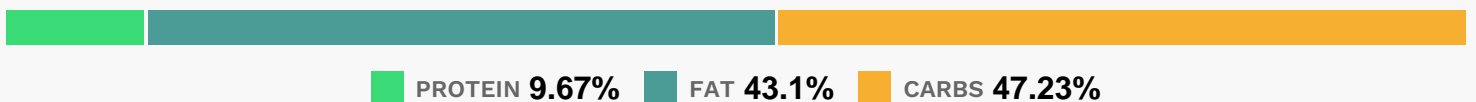
## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- rolling pin

## Directions

- Heat the milk in a small saucepan until it bubbles, then remove from heat.
- Add the butter, stir until melted and pour into a large bowl to cool.
- Dissolve yeast in the milk mixture.
- Mix in 1/3 cup sugar, salt, eggs and 2 cups flour. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- Divide the dough into 16 equal pieces and form into rounds. With a rolling pin, roll the rounds into oval buns.
- Place them onto two lightly greased baking sheets. Cover the rolls with a damp cloth and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- While the bread rises, make the topping: In a small bowl, stir together 1/2 cup sugar, 2/3 cup flour, butter until a crumb mixture forms. Stir in the egg yolks until well blended. Crumble the topping over the rolls so the entire surface is covered.
- Bake in preheated oven for 15 to 20 minutes, or until sugar topping is lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:14.57, Glycemic Load:7.51, Inflammation Score:-1, Nutrition Score:2.7082608679067%

## Nutrients (% of daily need)

Calories: 93.82kcal (4.69%), Fat: 4.55g (7%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 10.96g (3.98%), Sugar: 7.02g (7.8%), Cholesterol: 54.12mg (18.04%), Sodium: 182.93mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Selenium: 5.11µg (7.3%), Vitamin B1: 0.1mg (6.97%), Folate: 25.87µg (6.47%), Vitamin B2: 0.1mg (6.11%), Phosphorus: 44.35mg (4.44%), Vitamin A: 174.32IU (3.49%), Vitamin B12: 0.18µg (3.02%), Vitamin B5: 0.29mg (2.95%), Vitamin D: 0.4µg (2.66%), Calcium: 26.65mg (2.66%), Vitamin B3: 0.51mg (2.54%), Iron: 0.41mg (2.3%), Manganese: 0.04mg (2.05%), Vitamin B6: 0.04mg (1.78%), Zinc: 0.26mg (1.74%), Vitamin E: 0.21mg (1.39%), Potassium: 43.72mg (1.25%), Fiber: 0.26g (1.04%), Magnesium: 4.06mg (1.02%)