



## Poppy Seed Kolache



Vegetarian



Popular

READY IN



45 min.

SERVINGS



16

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 cups flour all-purpose divided
- ☐ 1 package active yeast dry
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup milk
- ☐ 0.5 cup butter
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon salt
- ☐ 2 eggs

- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon lemon zest
- ☐ 1 eggs
- ☐ 1 tablespoon milk
- ☐ 1 cup poppy seed
- ☐ 0.5 cup milk
- ☐ 0.3 cup honey
- ☐ 0.3 cup dates chopped
- ☐ 0.3 cup nuts chopped
- ☐ 1 Dash cinnamon

## Equipment

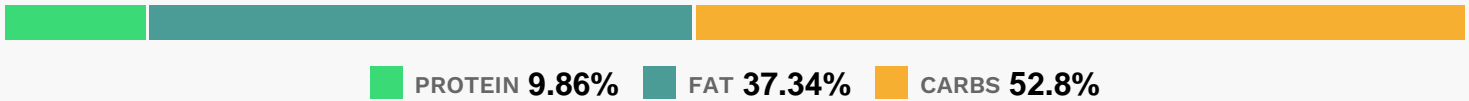
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ Combine 2 cups of the flour, the yeast, and nutmeg or mace in a large mixing bowl. Set aside.
- ☐ Make the dough: In a medium saucepan heat and stir the 1 cup milk, the 1/2 cup butter, the granulated sugar, and salt just until warm (120°F to 130°F) and butter almost melts.
- ☐ Add milk mixture to dry mixture along with the two eggs and vanilla extract. Beat with an electric mixer on low to medium speed for 30 seconds, scraping side of bowl constantly. Beat on high speed for 3 minutes. Stir in lemon zest and as much of the remaining flour as you can.
- ☐ Knead dough and let rise: Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total).

- ☐ Place dough in a lightly greased bowl, turning once to grease the surface. Cover; let rise in a warm place until double in size (for 1 to 1-1/2 hours).
- ☐ Prepare filling: If you are making the poppy seed filling from scratch, combine the filling ingredients in a saucepan. Cook over low heat until it thickens, stirring often. Set filling aside to cool.
- ☐ Punch dough down. Turn dough out onto a lightly floured surface. Divide dough in half. Cover; let rest 10 minutes. Grease 2 baking sheets.
- ☐ Roll each dough half into a 16x8 inch rectangle, about an 1/8 inch thick.
- ☐ Cut each rectangle into 8 4x4 squares.
- ☐ Place a large, heaping tablespoon of poppy seed filling onto the center of each square. If you want, add a few raisins to the top of the filling.
- ☐ Brush the four corners of each square with water. Draw the corners up and gently press together. Secure with a toothpick.
- ☐ Place on well greased baking sheets, 2 inches apart. Cover; let rise in a warm place until nearly double (about 35 minutes).
- ☐ Brush with an egg wash made with one egg beaten with a tablespoon of milk.
- ☐ Bake in a 375°F oven for 12 to 15 minutes or until golden.
- ☐ Transfer to wire racks; cool completely.
- ☐ Remove toothpicks.

## Nutrition Facts



## Properties

Glycemic Index:32.69, Glycemic Load:23.39, Inflammation Score:-5, Nutrition Score:10.356521807287%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 280.78kcal (14.04%), Fat: 11.83g (18.19%), Saturated Fat: 4.91g (30.67%), Carbohydrates: 37.63g (12.54%), Net Carbohydrates: 34.86g (12.68%), Sugar: 10.92g (12.13%), Cholesterol: 48.8mg (16.27%), Sodium: 214.9mg

(9.34%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 7.03g (14.06%), Manganese: 0.72mg (36.06%), Vitamin B1: 0.37mg (24.78%), Selenium: 14.69µg (20.98%), Folate: 78.9µg (19.72%), Vitamin B2: 0.26mg (15.42%), Phosphorus: 148.36mg (14.84%), Calcium: 134.98mg (13.5%), Iron: 2.39mg (13.28%), Vitamin B3: 2.3mg (11.5%), Fiber: 2.77g (11.06%), Magnesium: 41.17mg (10.29%), Copper: 0.2mg (10.14%), Zinc: 1.1mg (7.31%), Vitamin A: 261.47IU (5.23%), Vitamin B5: 0.5mg (4.98%), Potassium: 173.26mg (4.95%), Vitamin B6: 0.08mg (4.01%), Vitamin B12: 0.21µg (3.57%), Vitamin D: 0.43µg (2.85%), Vitamin E: 0.4mg (2.64%)