



Poppy Seed Twists

READY IN



45 min.

SERVINGS



12

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bread dough white frozen thawed
- ☐ 1 tablespoon butter
- ☐ 1 large eggs
- ☐ 2 teaspoons milk fat-free
- ☐ 1 cup onion finely chopped
- ☐ 1 tablespoon poppy seeds
- ☐ 0.3 teaspoon salt

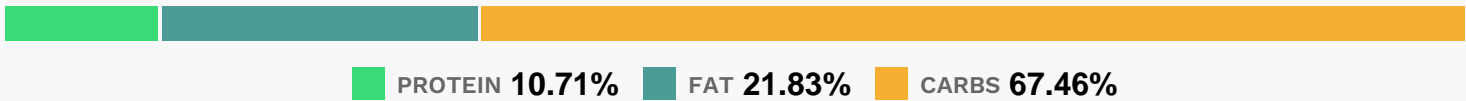
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add onion; cook for 10 minutes or until tender, stirring occasionally. Cool to room temperature; stir in poppy seeds and salt. Set aside.
- ☐ Roll the dough into a 14 x 12-inch rectangle on a lightly floured surface.
- ☐ Spread onion mixture lengthwise over half of rectangle. Fold dough in half lengthwise; press edges of dough firmly to seal.
- ☐ Cut dough into 12 (6-inch-long) strips. Gently lift both ends of dough, and twist.
- ☐ Place twisted dough strips 1 inch apart on a large baking sheet coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, 40 minutes or until doubled in size.
- ☐ Preheat oven to 37
- ☐ Combine the milk and egg, and brush over dough.
- ☐ Bake for 20 minutes or until golden.
- ☐ Remove from baking sheet, and cool for 10 minutes on a wire rack.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:1.2639130489982%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 120.17kcal (6.01%), Fat: 2.78g (4.27%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 18.19g (6.62%), Sugar: 0.65g (0.72%), Cholesterol: 18.03mg (6.01%), Sodium: 240.71mg (10.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.13%), Fiber: 1.11g (4.44%), Manganese: 0.07mg (3.44%), Selenium: 1.48µg (2.11%), Phosphorus: 19.81mg (1.98%), Calcium: 17.59mg (1.76%), Vitamin B2: 0.02mg (1.46%), Folate: 5.16µg (1.29%), Vitamin B6: 0.03mg (1.27%), Vitamin C: 0.99mg (1.21%), Magnesium: 4.56mg (1.14%), Vitamin A: 53.62IU (1.07%), Copper: 0.02mg (1.02%)