



Portuguese Muffins - Bolo Levedo

 Vegetarian

READY IN



165 min.

SERVINGS



15

CALORIES



287 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 ounce active yeast dry
- 0.3 cup butter cooled melted
- 3 eggs
- 6 cups flour all-purpose
- 1.3 cups milk
- 0.5 teaspoon salt
- 0.3 cup warm water
- 1 cup sugar white

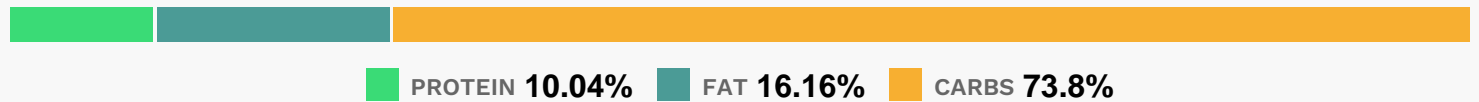
Equipment

- bowl
- frying pan

Directions

- In a small bowl, dissolve yeast in warm water with a pinch of the sugar. Set aside to ferment, about 10 minutes.
- Transfer the yeast mixture to a large bowl, and stir in the sugar, eggs, salt, flour, and milk until the dough comes together. Stir in the melted butter, then turn the dough out onto a floured surface, and knead for about 10 minutes, or until smooth and elastic. Cover dough with a cloth and set aside to rise until doubled in bulk, about 45 minutes.
- Divide dough into about 15 to 20 pieces, and shape them into flat round cakes about 1/2 inch thick.
- Place a cloth on the table and dust it with flour. Arrange the cakes on the cloth, allowing space for rising. Allow them to set for 1 1/2 hours.
- Place the cakes in a heavy ungreased skillet, and cook over low heat. Fry the cakes on each side until golden.

Nutrition Facts



Properties

Glycemic Index:15.54, Glycemic Load:37.27, Inflammation Score:-4, Nutrition Score:8.9704347784105%

Nutrients (% of daily need)

Calories: 286.78kcal (14.34%), Fat: 5.12g (7.88%), Saturated Fat: 2.68g (16.75%), Carbohydrates: 52.64g (17.55%), Net Carbohydrates: 51.17g (18.61%), Sugar: 14.45g (16.06%), Cholesterol: 43.31mg (14.44%), Sodium: 123.64mg (5.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.33%), Vitamin B1: 0.46mg (30.64%), Selenium: 20.19µg (28.85%), Folate: 106.81µg (26.7%), Vitamin B2: 0.34mg (19.88%), Manganese: 0.35mg (17.32%), Vitamin B3: 3.17mg (15.86%), Iron: 2.49mg (13.85%), Phosphorus: 95.88mg (9.59%), Fiber: 1.48g (5.91%), Vitamin B5: 0.5mg (4.98%), Copper: 0.08mg (4.11%), Zinc: 0.59mg (3.93%), Calcium: 38.79mg (3.88%), Magnesium: 14.87mg (3.72%), Vitamin A: 175.01IU (3.5%), Vitamin B12: 0.19µg (3.25%), Potassium: 101.85mg (2.91%), Vitamin B6: 0.06mg (2.83%), Vitamin D: 0.4µg (2.66%), Vitamin E: 0.22mg (1.47%)