



Refrigerator Nut Rolls

READY IN



45 min.

SERVINGS



100

CALORIES



220 kcal

BREAD

Ingredients

- 0.5 ounce active yeast dry
- 6 egg whites
- 6 egg yolks
- 12 fluid ounce evaporated milk canned
- 10 cups flour all-purpose
- 2 cups butter melted
- 0.5 cup milk
- 1 pinch salt
- 1 cup cup heavy whipping cream sour

- 1 teaspoon vanilla extract
- 4 pounds ground walnuts
- 0.5 cup warm water
- 1 cup sugar white

Equipment

- bowl
- baking sheet
- oven

Directions

- In a small bowl, dissolve yeast in warm water with 1/2 teaspoon of sugar.
- Let sit until creamy; about 10 minutes.
- In a large bowl, mix together melted margarine, evaporated milk, sour cream and yeast mixture. Stir in the egg yolks.
- Combine the flour, salt and 6 tablespoons sugar; stir into the wet mixture, then knead until the dough no longer sticks to your hands. Cover dough and refrigerate overnight.
- To make the filling, beat egg whites until soft peaks form.
- Mix in sugar, ground walnuts and vanilla. Stir in milk 1 tablespoon at a time until filling reaches a spreadable consistency.
- Preheat oven to 350 degrees F (175 degrees C).
- Cut dough into baseball sized portions. Dust a clean dry surface with confectioners' sugar.
- Roll the dough out to 1/4 to 1/8 inch in thickness.
- Spread with filling, then cut into 16 wedges like a pizza.
- Roll up wedges from the outside into the point.
- Brush with remaining milk and place 1 inch apart on a cookie sheet.
- Bake for 18 to 21 minutes in the preheated oven, until golden brown.

Nutrition Facts



■ PROTEIN 8.51% ■ FAT 65.74% ■ CARBS 25.75%

Properties

Glycemic Index:2.03, Glycemic Load:8.57, Inflammation Score:-4, Nutrition Score:6.723043564869%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg

Nutrients (% of daily need)

Calories: 219.57kcal (10.98%), Fat: 16.67g (25.64%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 13.1g (4.76%), Sugar: 3.02g (3.36%), Cholesterol: 14.2mg (4.73%), Sodium: 52.41mg (2.28%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Protein: 4.85g (9.71%), Manganese: 0.71mg (35.33%), Copper: 0.31mg (15.49%), Vitamin B1: 0.18mg (12.06%), Folate: 46.09µg (11.52%), Phosphorus: 92.89mg (9.29%), Selenium: 6.3µg (9.01%), Magnesium: 33.13mg (8.28%), Vitamin B2: 0.13mg (7.48%), Iron: 1.15mg (6.4%), Fiber: 1.59g (6.37%), Vitamin B6: 0.11mg (5.64%), Vitamin B3: 1.01mg (5.06%), Zinc: 0.73mg (4.83%), Vitamin A: 206.38IU (4.13%), Calcium: 35.72mg (3.57%), Potassium: 116.32mg (3.32%), Vitamin B5: 0.25mg (2.52%), Vitamin E: 0.32mg (2.12%)