



Shortcut Jam Danish

READY IN



45 min.

SERVINGS



12

CALORIES



235 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.1 lb butter cut into chunks at room temperature
- ☐ 2 ounces cream cheese cut into chunks at room temperature
- ☐ 1 large egg yolk
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 cube yeast fresh (see notes)
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup jam
- ☐ 0.7 cup milk
- ☐ 12 servings powdered sugar

☐ 0.5 teaspoon salt

Equipment

☐ food processor

☐ bowl

☐ baking sheet

☐ oven

☐ blender

☐ plastic wrap

☐ spatula

☐ rolling pin

☐ serrated knife

Directions

☐ In a food processor or a standing mixer fitted with the paddle attachment, whirl or mix 2 cups flour and the sugar, salt, yeast, and milk until a sticky dough forms.

☐ Add butter and cream cheese and pulse or mix on low speed until just blended. Pulse or increase speed and beat until thoroughly incorporated, about 1 minute. Pulse or beat in 1/4 to 1/2 cup more flour as needed, 2 tablespoons at a time, until the dough begins to pull away from the sides of the bowl (dough will look sticky). If using food processor, scrape dough into a large bowl. Cover dough and chill at least 12 hours or up to 1 day.

☐ Scrape dough onto a lightly floured surface. Divide in half. With a lightly floured rolling pin, roll each piece into an oval about 12 inches long and 6 inches wide. Spoon jam down center of each. Fold one long side of each oval over jam. Fold other side over, as if folding a letter.

☐ Place rolls about 3 inches apart on a buttered or cooking parchment-lined 12- by 15-inch baking sheet. Cover with plastic wrap; let stand 30 minutes.

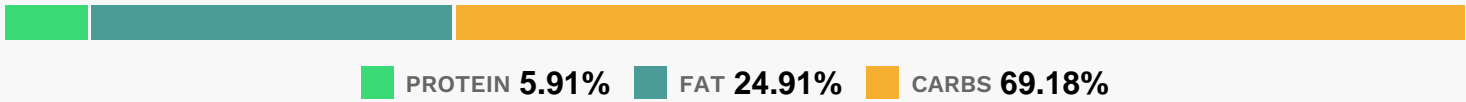
☐ In a small bowl, mix egg yolk and 2 tablespoons water.

☐ Brush rolls lightly with egg mixture.

☐ Bake in a 350 regular or convection oven until golden brown, 20 to 25 minutes. With a wide spatula, transfer to a rack and cool completely. With a serrated knife, cut roll diagonally into 2-inch-wide slices.

Sprinkle slices with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:21.44, Inflammation Score:-3, Nutrition Score:4.6286956590155%

Nutrients (% of daily need)

Calories: 235.01kcal (11.75%), Fat: 6.52g (10.03%), Saturated Fat: 3.81g (23.8%), Carbohydrates: 40.74g (13.58%), Net Carbohydrates: 39.94g (14.52%), Sugar: 19.76g (21.95%), Cholesterol: 31.86mg (10.62%), Sodium: 153.16mg (6.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Selenium: 9.81µg (14.01%), Vitamin B1: 0.2mg (13.23%), Folate: 47.41µg (11.85%), Vitamin B2: 0.17mg (9.88%), Manganese: 0.17mg (8.41%), Vitamin B3: 1.41mg (7.07%), Iron: 1.21mg (6.73%), Phosphorus: 53.55mg (5.35%), Vitamin A: 223.92IU (4.48%), Fiber: 0.79g (3.17%), Calcium: 30.76mg (3.08%), Copper: 0.05mg (2.55%), Vitamin B5: 0.23mg (2.33%), Magnesium: 7.96mg (1.99%), Vitamin B12: 0.12µg (1.99%), Zinc: 0.29mg (1.96%), Potassium: 65.75mg (1.88%), Vitamin C: 1.25mg (1.51%), Vitamin D: 0.23µg (1.5%), Vitamin E: 0.22mg (1.5%), Vitamin B6: 0.03mg (1.47%)