



## The Secret to These Craveable Cheese Danishes Is the Homemade Dough

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



160 kcal

SIDE DISH

### Ingredients

- 8 ounces fromage frais
- 0.5 cup sugar
- 1 large eggs
- 0.3 cup golden raisins
- 1 tablespoon flour
- 1 teaspoon lemon zest
- 0.5 dough

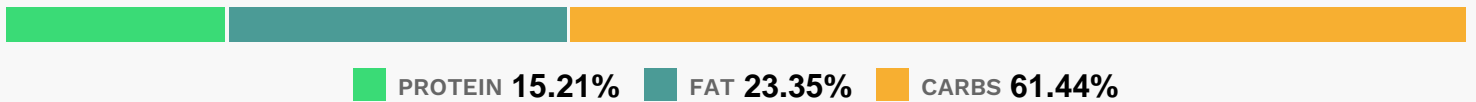
- 1 large eggs lightly beaten
- 1 serving sugar for sprinkling

## Equipment

## Directions

- What kind of cheese is used in a Danish?
- The cheese used in a Danish traditionally is farmer's cheese, though similar cheeses like ricotta and cream cheese are also common and can sometimes be used as a substitute. If you decide to substitute, keep in mind that farmer's cheese is much drier than these other cheeses.
- Does cheese Danish have eggs?
- Yes. There are eggs in both the dough and the filling. An egg wash is also used to brush over the dough before baking.
- Can I use store-bought pastry for Danish?
- Yes, you can use store-bought pastry to make Danish but it won't be the same as with homemade Danish dough. Our Danish dough makes a big batch and you only use half of the recipe for make these pastries. Freeze the other half for another time. If you're in a pinch, puff pastry is the closest store-bought substitute to Danish dough.
- Is the cheese Danish from Denmark?
- Yes and no, the cheese Danish didn't actually originate in Denmark, but it was adapted and became well known there. There was a similar pastry in Vienna and Danish bakers put their own twist on this Austrian baked good back in the 1840s.

## Nutrition Facts



## Properties

Glycemic Index:34.43, Glycemic Load:13.9, Inflammation Score:-1, Nutrition Score:2.8882608439611%

## Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 159.63kcal (7.98%), Fat: 4.16g (6.4%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 24.11g (8.77%), Sugar: 14.88g (16.54%), Cholesterol: 49.65mg (16.55%), Sodium: 193.15mg (8.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.19%), Selenium: 7.46µg (10.66%), Vitamin B2: 0.12mg (6.98%), Vitamin B1: 0.1mg (6.43%), Folate: 20.73µg (5.18%), Manganese: 0.1mg (4.83%), Iron: 0.82mg (4.54%), Phosphorus: 39.35mg (3.94%), Vitamin B3: 0.74mg (3.72%), Vitamin B5: 0.23mg (2.28%), Copper: 0.04mg (2.04%), Fiber: 0.51g (2.02%), Vitamin B6: 0.04mg (1.87%), Potassium: 58.51mg (1.67%), Vitamin B12: 0.1µg (1.65%), Zinc: 0.24mg (1.61%), Vitamin D: 0.22µg (1.48%), Magnesium: 5.32mg (1.33%), Vitamin A: 60.11IU (1.2%), Calcium: 10.63mg (1.06%)