

Walnut Pastry Rolls

 Vegetarian

READY IN



140 min.

SERVINGS



60

CALORIES



158 kcal

BREAD

Ingredients

- 0.5 ounce yeast dry
- 0.5 cup butter cold cubed
- 1 cups powdered sugar
- 3 eggs separated
- 12 ounces evaporated milk divided canned
- 4 cups flour all-purpose
- 1.5 teaspoons honey
- 3 tablespoons milk divided

- 1 teaspoon salt
- 1.5 cups sugar divided
- 1.5 pounds walnuts
- 0.8 cup water (110° to 115°)

Equipment

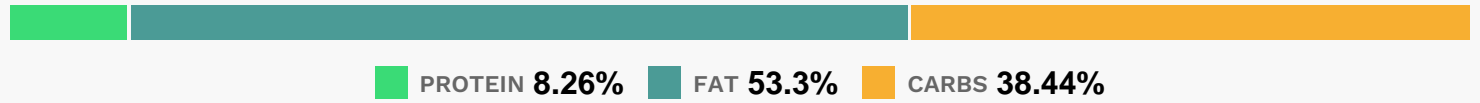
- bowl
- baking sheet
- sauce pan
- oven

Directions

- In a small saucepan, cook and stir 1-1/2 cups sugar and 1 cup evaporated milk until mixture comes to a boil.
- Transfer to a large bowl; stir in walnuts and honey. In a small bowl, beat egg whites until stiff peaks form. Fold into walnut mixture. Cover and refrigerate filling for at least 2 hours.
- For dough, in a small bowl, dissolve yeast in warm water. In a large bowl, combine 3 cups flour, salt and remaining sugar; cut in butter until crumbly.
- Add the yeast mixture, egg yolks and remaining evaporated milk; beat until smooth. Stir in enough remaining flour to form a firm dough.
- Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.
- Turn onto a floured surface. Punch dough down; divide into four portions.
- Roll each portion into a 15-in. x 11-in. rectangle.
- Spread walnut filling to within 1/2 in. of edges.
- Roll up jelly-roll style, starting with a long side; pinch seams to seal and tuck ends under.
- Place seam side down on greased baking sheets. Cover and let rise in a warm place until doubled, about 30 minutes.
- Brush 2 tablespoons milk over tops and sides of rolls.

- Bake at 350° for 20–25 minutes or until golden brown. Cool on wire racks.
- Combine confectioners' sugar and enough remaining milk to achieve desired consistency; drizzle over warm rolls.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:8.34, Inflammation Score:-2, Nutrition Score:4.5465216908766%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg

Nutrients (% of daily need)

Calories: 157.64kcal (7.88%), Fat: 9.71g (14.93%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 15.75g (5.25%), Net Carbohydrates: 14.7g (5.35%), Sugar: 8.02g (8.91%), Cholesterol: 13.99mg (4.66%), Sodium: 61.1mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.77%), Manganese: 0.45mg (22.31%), Copper: 0.2mg (9.84%), Vitamin B1: 0.13mg (8.94%), Folate: 33.44µg (8.36%), Phosphorus: 66.82mg (6.68%), Selenium: 4.28µg (6.12%), Vitamin B2: 0.1mg (5.8%), Magnesium: 21.66mg (5.42%), Iron: 0.78mg (4.31%), Fiber: 1.05g (4.19%), Vitamin B6: 0.08mg (3.76%), Vitamin B3: 0.73mg (3.64%), Zinc: 0.51mg (3.37%), Calcium: 30.03mg (3%), Potassium: 83.22mg (2.38%), Vitamin B5: 0.21mg (2.08%), Vitamin A: 76.19IU (1.52%), Vitamin E: 0.16mg (1.07%)