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Glazed Apricot Twists ♦♦

Glazed Apricot Twists are a delicious pastry made with flaky dough and filled with sweet apricot jam. They are perfect for breakfast or brunch and can be enjoyed by everyone.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 15 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

250 g	Flour
150 g	Butter
50 g	Sugar
2 g	Salt
100 g	apricot jam
50 g	powdered sugar

Directions

Step 1

Mixing

In a large bowl, mix together flour, butter, sugar, and salt until crumbly.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Refrigerating

Form the dough into a ball and refrigerate for 30 minutes.

Prep Time: 0 mins

Cook Time: 30 mins

Step 3

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Rolling

Roll out the dough into a rectangle and spread apricot jam evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Cutting

Roll up the dough tightly and cut into twists.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Place the twists on a baking sheet and bake for 15 minutes or until golden brown.

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Cooling

Remove from the oven and let cool. Sprinkle with powdered sugar before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 3 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%
Iron	1 mg	12.5%	5.56%
Potassium	50 mg	1.47%	1.92%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas Easter

Meal Type

Breakfast Brunch Lunch Dinner Snack

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Mixer Oven

Difficulty Level

Easy

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