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Cheese Danish ♦♦

A delicious pastry filled with creamy cheese and topped with a sweet glaze. It is a popular breakfast treat that originated in Denmark.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 20 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

300 g	All-Purpose Flour
200 g	Butter
250 g	Cream cheese
100 g	Granulated Sugar
2 pieces	Egg
2 tsp	Vanilla Extract

2 tsp	Active Dry Yeast
250 ml	Milk
100 g	Powdered Sugar

Directions

Step 1

Mixing

In a mixing bowl, combine flour, butter, sugar, egg, vanilla extract, yeast, and milk. Mix well to form a dough.

Prep Time: 15 mins

Cook Time: 0 mins

Step 2

Resting

Cover the dough and let it rise for 1 hour.

Prep Time: 0 mins

Cook Time: 60 mins

Step 3

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Rolling

Roll out the dough into a rectangle and spread cream cheese on top.

Prep Time: 10 mins

Cook Time: 0 mins

Step 5

Cutting

Fold the dough in half and cut into strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Shaping

Twist the strips and shape them into a Danish pastry.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Place the pastries on a baking sheet and bake for 20 minutes or until golden brown.

Prep Time: 0 mins

Cook Time: 20 mins

Step 8

Mixing

In a small bowl, mix powdered sugar and milk to make a glaze. Drizzle the glaze over the pastries.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 5 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	1 g	2.63%	4%
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	5 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	20 g	71.43%	80%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	2 mg	0.06%	0.08%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas

Easter

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Nutritional Content

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Course

Appetizers

Desserts

Breads

Difficulty Level

Medium

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