

Mexican Conchas, a Mexican Sweet Bread

Yield: 16 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-mexican-conchas-recipe>

Ingredients:

- 1 tablespoon dry yeast
- 1 tablespoon sugar
- 1/4 cup warm water
- 3 2/3 cups white bread flour
- 1 teaspoon salt
- 1/3 cup sugar
- 2 tablespoons shortening
- 5 large eggs beaten
- 1/4 cup unsalted butter
- 1/4 cup shortening
- 1 cup powdered sugar
- 1 cup all purpose flour
- 1 teaspoon vanilla extract
- 1 tablespoon cocoa
- 1/8 teaspoon canela

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 75 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 170 milligrams
9. Sugar: 12 grams
10. TransFat: 0.5 grams

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