

# Conchas (Mexican Sweet Bread)

Yield: 12 min  
Total Time: 140 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-sweet-buns-recipe>

## Ingredients:

- 2 1/2 teaspoons yeast
- 1/2 cup warm water
- 1/2 cup evaporated milk
- 3/8 cup white sugar
- 1 teaspoon salt
- 1/3 cup butter or margarine, melted
- 1 egg
- 4 cups all purpose flour
- 1/2 teaspoon ground cinnamon
- 2/3 cup white sugar
- 1/2 cup butter or margarine
- 1 cup all purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon vanilla extract

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 55 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 9 grams
8. Sodium: 310 milligrams
9. Sugar: 18 grams

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