

# Turkish Soft Bagel/ Açma

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-acma-recipe>

## Ingredients:

- 1 cup milk warm
- 1/2 cup warm water
- 1/3 cup oil corn, sunflower or olive oil
- 50 grams butter soft
- 2 teaspoons instant yeast
- 1/3 cup granulated sugar
- 1 teaspoon salt
- all purpose flour approx 4 and 1/2 cups
- 2 eggs whites and yolks seperated
- egg yolks
- sesame seed & black sesame seed, optional

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 140 milligrams
4. Fat: 34 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 10 grams
8. Sodium: 740 milligrams
9. Sugar: 21 grams

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