



Bakery Dinner Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



106 kcal

BREAD

Ingredients

- 3 tablespoons butter melted
- 2.3 teaspoons yeast dry
- 1 large egg yolk lightly beaten
- 1.8 cups flour all-purpose divided
- 0.5 teaspoon salt
- 2 tablespoons sugar
- 0.7 cup water (100° to 110°)

Equipment

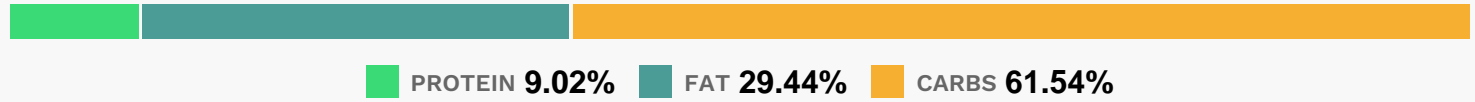
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- knife
- whisk
- wire rack
- muffin liners
- measuring cup

Directions

- Dissolve sugar and yeast in $\frac{2}{3}$ cup warm water in a small bowl; let stand 5 minutes. Stir in butter.
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine 75 ounces (about $1\frac{1}{2}$ cups) flour and salt in a large bowl, stirring with a whisk.
- Add yeast mixture to flour mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 4 minutes); add enough of the remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- Place dough in a large bowl coated with cooking spray, turning to coat. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into the dough. If indentation remains, the dough has risen enough). Punch dough down; cover and let rest 5 minutes.
- Divide dough into 12 equal portions, shaping each into a ball.
- Place 1 dough ball in each of 12 muffin cups coated with cooking spray. Cover and let rise 20 minutes or until doubled in size.
- Preheat oven to 40
- Gently brush dough with egg yolk.
- Bake at 400 for 13 minutes or until browned. Cool in pan on a wire rack for 2 minutes.
- Remove rolls from pan.

- Serve warm, or cool completely on wire rack.
- Orange-Fennel
- Add 1 1/2 teaspoons grated orange rind and 1 teaspoon crushed fennel seeds to flour mixture. Omit egg yolk glaze. Arrange 12 dough balls, 2 inches apart, on a baking sheet lined with parchment paper.
- Bake at 400 for 10 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:11.46, Inflammation Score:-3, Nutrition Score:3.4869565315869%

Nutrients (% of daily need)

Calories: 105.61kcal (5.28%), Fat: 3.44g (5.3%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 15.55g (5.65%), Sugar: 2.06g (2.28%), Cholesterol: 22.83mg (7.61%), Sodium: 121.42mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Vitamin B1: 0.21mg (14%), Folate: 49.18µg (12.3%), Selenium: 7.07µg (10.09%), Vitamin B2: 0.12mg (7.2%), Vitamin B3: 1.31mg (6.56%), Manganese: 0.13mg (6.36%), Iron: 0.9mg (5%), Phosphorus: 29.77mg (2.98%), Fiber: 0.65g (2.6%), Vitamin A: 107.89IU (2.16%), Vitamin B5: 0.2mg (2.05%), Copper: 0.03mg (1.61%), Zinc: 0.21mg (1.41%), Magnesium: 4.6mg (1.15%), Vitamin B6: 0.02mg (1.09%)