



Bread Baking: Black and White Sweet Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



196 kcal

Ingredients

- 3 cups flour
- 1 teaspoon almond extract
- 4 tablespoons butter softened
- 1 cup buttermilk
- 0.3 cup cocoa powder
- 1 tablespoon hot-brewed coffee cold (or water)
- 1 eggs
- 2.5 teaspoons yeast instant
- 0.5 cup nuts chopped

- 1 cup powdered sugar
- 1 teaspoon salt
- 0.1 cup sugar
- 1 teaspoon vanilla

Equipment

- bowl
- frying pan
- oven
- blender
- plastic wrap
- baking pan
- stand mixer
- rolling pin

Directions

- Mix the buttermilk, sugar, and yeast in the bowl of your stand mixer and set aside for 15 minutes until it becomes bubbly.
- Add the salt, flour, and egg, and knead until the mixture becomes elastic.
- Add the butter and vanilla, and continue kneading until the butter and vanilla are fully incorporated and the mixture is smooth, elastic, and no longer sticky.
- Remove half of the dough from the mixer bowl and set aside while you work on the remaining half.
- Add the almond extract to the dough in the bowl and knead until it is completely incorporated.
- Move the almond dough to an oiled bowl, cover with plastic wrap, and set aside until doubled, about 90 minutes.
- Put the other half of the dough into the bowl, add the cocoa and the coffee (or water) and knead until the chocolate is completely incorporated.

- Drizzle with a little oil to coat the dough, cover with plastic wrap, and set aside to rise along with the first dough, about 45 minutes.
- Preheat the oven to 325 degrees. If you want the extra insurance, spray a baking pan with baking spray. I used a 9-inch square pan.
- When the doughs have risen, flour your work surface and roll out the almond dough to a rectangle about 10 x 12 inches.
- Spread the 4 tablespoons of softened butter on the dough, then sprinkle with the 1/8 cup of sugar.
- Next, roll out the chocolate dough to the same size, and arrange it on top of the almond dough.
- Sprinkle with with chopped nuts, leaving about 2 inches bare on the long side.
- Roll the dough again with your rolling pin to press the nuts into the dough and to adhere the two layers.
- Roll so that you're increasing the length to about 16 inches.
- Roll up the dough, jellyroll-style starting on the long side, rolling towards the portion you left free of nuts so that you have a log that's 16 inches long. Pinch to seal the seam.
- Cut the log into 16 pieces, about 1 inch high, and place them in your baking pan. If you've used square pan, you'll have four rows of four.
- Cover the pan with plastic wrap and set aside to rise, about 45 minutes.
- Bake at 325°F for 40 to 45 minutes, until nicely browned. About 10 minutes before you're done, you can brush the tops of the buns with some melted butter for a softer crust.
- Mix the powdered sugar with enough water to make it pourable. If you like, add some almond extract, vanilla, or coffee for a little more flavor.
- Remove the buns from the pan and set on a rack.
- Let cool slightly, then drizzle with the icing.

Nutrition Facts

 PROTEIN 10.14%  FAT 29.09%  CARBS 60.77%

Properties

Glycemic Index:15.98, Glycemic Load:14.48, Inflammation Score:-4, Nutrition Score:7.4634782165775%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 196.17kcal (9.81%), Fat: 6.47g (9.96%), Saturated Fat: 2.64g (16.53%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 28.4g (10.33%), Sugar: 9.79g (10.88%), Cholesterol: 19.41mg (6.47%), Sodium: 189.98mg (8.26%), Alcohol: 0.17g (100%), Alcohol %: 0.34% (100%), Caffeine: 3.46mg (1.15%), Protein: 5.08g (10.16%), Vitamin B1: 0.41mg (27.25%), Folate: 91.61µg (22.9%), Manganese: 0.31mg (15.39%), Vitamin B2: 0.25mg (14.44%), Selenium: 9.77µg (13.96%), Vitamin B3: 2.4mg (12%), Phosphorus: 85.79mg (8.58%), Iron: 1.54mg (8.57%), Fiber: 2.04g (8.16%), Copper: 0.16mg (7.86%), Magnesium: 24.99mg (6.25%), Vitamin B5: 0.52mg (5.19%), Zinc: 0.67mg (4.49%), Potassium: 116.56mg (3.33%), Vitamin B6: 0.06mg (3.18%), Calcium: 28.83mg (2.88%), Vitamin A: 127.74IU (2.55%), Vitamin B12: 0.1µg (1.68%), Vitamin D: 0.25µg (1.67%)