

# Bread Baking: Maple and Sweet Potato Buns

 Vegetarian

READY IN



180 min.

SERVINGS



15

CALORIES



126 kcal

## Ingredients

- 13.5 ounces bread flour
- 2 teaspoons yeast instant
- 1 teaspoon maple extract
- 2 tablespoons maple syrup
- 1 teaspoon salt
- 1 cup sweet potatoes and into mashed
- 2 tablespoons butter unsalted
- 1 cup water lukewarm

## Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- stand mixer

## Directions

- Combine the yeast, water, and maple syrup and 2 cups of flour in the bowl of your stand mixer. Stir to combine and set aside for 10 minutes to get bubbly.
- Add the remaining bread flour, sweet potatoes, and maple extract. Knead with the dough hook until you have a smooth, elastic dough.
- Add the salt and the butter and continue kneading until both are incorporated. Cover the bowl with plastic wrap and set aside until the dough has doubled in size – about an hour and 15 minutes.
- Flour your work surface, line a baking sheet with a sheet of parchment, and preheat the oven to 350 degrees. Turn out the dough and divide it into 15 pieces. Form each into a ball and place it on the prepared baking sheet. Cover with plastic wrap and set aside until the rolls are doubled in size, about 40 minutes.
- Remove the plastic wrap and bake at 350 degrees until the buns are nicely browned, about 30 minutes.
- Place the buns on a rack to cool.

## Nutrition Facts



## Properties

Glycemic Index:10.77, Glycemic Load:13.52, Inflammation Score:-7, Nutrition Score:5.397391366246%

## Nutrients (% of daily need)

Calories: 125.52kcal (6.28%), Fat: 2.06g (3.18%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 21.44g (7.8%), Sugar: 2.05g (2.28%), Cholesterol: 4.01mg (1.34%), Sodium: 162.47mg (7.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Vitamin A: 1305.07IU (26.1%), Selenium: 10.33µg (14.75%), Manganese: 0.29mg (14.59%), Vitamin B1: 0.21mg (13.68%), Folate: 46.89µg (11.72%), Vitamin B2: 0.12mg

(7.01%), Fiber: 1.31g (5.23%), Vitamin B3: 0.95mg (4.75%), Vitamin B5: 0.4mg (4.01%), Phosphorus: 39.56mg (3.96%), Copper: 0.07mg (3.49%), Zinc: 0.39mg (2.62%), Vitamin B6: 0.05mg (2.6%), Magnesium: 10.22mg (2.55%), Potassium: 77.16mg (2.2%), Iron: 0.32mg (1.79%), Vitamin E: 0.17mg (1.12%), Calcium: 10.89mg (1.09%)