



Bread Baking: Sweet Potato Buns



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



87 kcal

Ingredients

- 4 cups bread flour (1 pound 2 ounce)
- 1 ounce potatoes instant mashed
- 4.5 teaspoons yeast instant
- 3 tablespoons olive oil
- 2 teaspoons salt
- 2 tablespoons sugar
- 2.3 ounces sweet potatoes and into
- 2 cups water (or water)

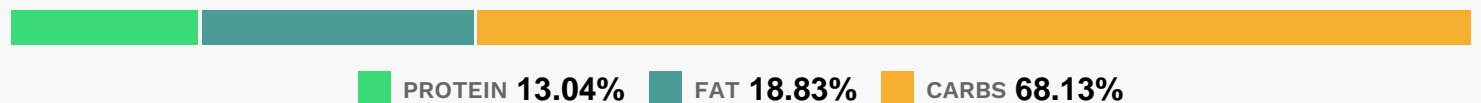
Equipment

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

Directions

- Combine whey (or water), sugar, and yeast in the bowl if your stand mixer. Set aside until it's lively and bubbly, about 10 minutes.
- Add the bread flour, sweet potato flour, and instant mashed potatoes. Knead with the bread hook until the mixture is smooth and elastic.
- Add the salt and olive oil and continue kneading until both are completely incorporated.
- Form the dough into a ball, drizzle with a bit of olive oil. Return it to the bowl. cover with plastic wrap, and set aside to rise until doubled, about an hour.
- Line a baking sheet with parchment paper and preheat the oven to 350 degrees. When the dough has risen, knead it briefly, then divide it into 30 pieces. Form each piece into a ball, and place them on the prepared baking sheet. Cover with plastic wrap and set aside until doubled, about 30 minutes.
- Remove the plastic wrap and bake until nicely browned, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:8.6, Inflammation Score:-3, Nutrition Score:3.717391250736%

Nutrients (% of daily need)

Calories: 86.65kcal (4.33%), Fat: 1.82g (2.8%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 13.81g (5.02%), Sugar: 0.97g (1.08%), Cholesterol: 0mg (0%), Sodium: 159.26mg (6.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Vitamin B1: 0.22mg (14.82%), Folate: 48.29µg (12.07%), Selenium: 6.9µg (9.86%), Manganese: 0.15mg (7.25%), Vitamin A: 302.08IU (6.04%), Vitamin B2: 0.08mg (4.97%),

Vitamin B3: 0.96mg (4.81%), Fiber: 1.01g (4.04%), Vitamin B5: 0.35mg (3.53%), Phosphorus: 30.11mg (3.01%),
Copper: 0.05mg (2.28%), Vitamin B6: 0.04mg (2.23%), Zinc: 0.3mg (2%), Vitamin E: 0.27mg (1.83%), Magnesium:
6.46mg (1.61%), Potassium: 51.46mg (1.47%), Iron: 0.22mg (1.24%)