

Brioche Rolls

 Vegetarian

READY IN



736 min.

SERVINGS



35

CALORIES



87 kcal

Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large egg white
- ☐ 4 large eggs lightly beaten
- ☐ 0.3 cup warm milk 1% low-fat (100° to 110°)
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 3.5 cups unbleached flour all-purpose
- ☐ 8.5 tablespoons butter unsalted divided softened
- ☐ 1 tablespoon water

Equipment

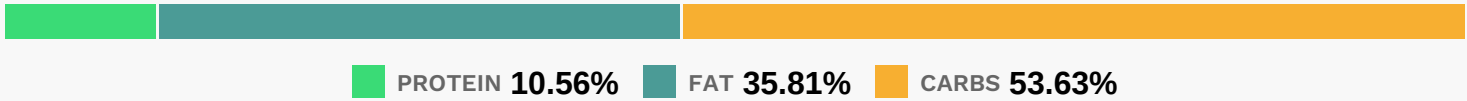
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ stand mixer
- ☐ microwave
- ☐ spatula
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Dissolve yeast in warm milk in the bowl of a stand mixer fitted with the paddle attachment; let stand 5 minutes. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add flour, sugar, salt, and eggs to milk mixture; beat with a stand mixer at low speed until smooth, scraping down sides of bowl with spatula as needed.
- ☐ Remove paddle attachment; insert dough hook. Beat dough at low speed 5 minutes or until soft and elastic and dough just begins to pull away from sides of bowl.
- ☐ Cut 6 1/2 tablespoons butter into large cubes; add half of butter to dough, mixing at medium speed to blend.
- ☐ Add remaining butter cubes to dough; beat at medium speed until incorporated. Beat dough at medium speed 4 minutes or until smooth and elastic.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; form into a ball. Return dough to bowl; cover with plastic wrap, and refrigerate 8 hours or overnight.
- ☐ Uncover dough; let stand 90 minutes or until dough is at room temperature. Divide dough into 4 equal portions. Working with one portion at a time (cover remaining dough to prevent drying), cut dough into 6 equal pieces.

- ☐ Roll each piece into a 1 1/2-inch ball. Repeat procedure with remaining 3 dough portions to make 24 rolls total.
- ☐ Place rolls in muffin cups coated with cooking spray. Cover and let rise for 45 minutes or until almost doubled in size.
- ☐ Preheat oven to 35
- ☐ Combine 1 tablespoon water and egg white; stir with a whisk. Gently brush rolls with egg mixture.
- ☐ Bake at 350 for 14 minutes or until golden.
- ☐ Place pans on wire racks.
- ☐ Place remaining butter in a microwave-safe bowl; microwave at HIGH 20 seconds or until butter melts.
- ☐ Brush butter onto rolls.

Nutrition Facts



Properties

Glycemic Index:4.15, Glycemic Load:8.23, Inflammation Score:-2, Nutrition Score:2.6960869548113%

Nutrients (% of daily need)

Calories: 87.49kcal (4.37%), Fat: 3.47g (5.34%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 11.29g (4.11%), Sugar: 2.08g (2.31%), Cholesterol: 28.68mg (9.56%), Sodium: 44.54mg (1.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Selenium: 6.29µg (8.98%), Vitamin B1: 0.12mg (8.26%), Folate: 30.43µg (7.61%), Vitamin B2: 0.1mg (6.16%), Manganese: 0.09mg (4.4%), Vitamin B3: 0.83mg (4.14%), Iron: 0.69mg (3.82%), Phosphorus: 29.36mg (2.94%), Vitamin A: 120.23IU (2.4%), Vitamin B5: 0.18mg (1.83%), Fiber: 0.39g (1.57%), Zinc: 0.19mg (1.27%), Vitamin D: 0.19µg (1.27%), Copper: 0.02mg (1.2%), Vitamin B12: 0.07µg (1.19%)