



Buttered Sweet Potato Knot Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



121 kcal

Ingredients

- ☐ 5 cups bread flour divided
- ☐ 3 tablespoons butter divided melted
- ☐ 2.3 teaspoons yeast dry
- ☐ 2 large egg yolk lightly beaten
- ☐ 1 cup milk 2% reduced-fat (100° to 110°)
- ☐ 1.3 teaspoons salt
- ☐ 0.8 cup sweet potatoes and into canned mashed

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Dissolve yeast in milk in a large bowl; let stand 5 minutes.
- ☐ Add sweet potatoes, 1 tablespoon butter, salt, and egg yolks, stirring mixture with a whisk.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 4 1/2 cups flour; stir until a soft dough forms.
- ☐ Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel very soft and tacky).
- ☐ 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, 45 minutes or until doubled in size. (Gently press 2 fingers into dough. If indentation remains, dough has risen enough.) Punch dough down. Cover and let rest 5 minutes.
- ☐ Line 2 baking sheets with parchment paper. Divide dough into 24 equal portions. Working with 1 portion at a time (cover remaining dough to prevent drying), shape each portion into a 9-inch rope. Carefully shape rope into a knot; tuck top end of knot under roll.
- ☐ Place roll on a prepared pan.
- ☐ Repeat procedure with remaining dough, placing 12 rolls on each pan. Lightly coat rolls with cooking spray; cover and let rise 30 minutes or until doubled in size.
- ☐ Preheat oven to 400
- ☐ Uncover rolls.
- ☐ Bake at 400 for 8 minutes with 1 pan on bottom rack and 1 pan on second rack from top. Rotate pans; bake an additional 7 minutes or until rolls are golden brown on top and sound hollow when tapped.

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- Remove rolls from pans; place on wire racks.

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Nutrition Facts



Properties

Glycemic Index:7.29, Glycemic Load:12.65, Inflammation Score:-5, Nutrition Score:3.6095652398856%

Nutrients (% of daily need)

Calories: 120.56kcal (6.03%), Fat: 2.45g (3.76%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 19.54g (7.11%), Sugar: 0.76g (0.85%), Cholesterol: 19.85mg (6.62%), Sodium: 140.63mg (6.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.73%), Selenium: 11.44µg (16.35%), Vitamin A: 664.36IU (13.29%), Manganese: 0.22mg (11.02%), Folate: 18.49µg (4.62%), Phosphorus: 44.06mg (4.41%), Vitamin B1: 0.06mg (4.17%), Fiber: 0.83g (3.31%), Vitamin B2: 0.06mg (3.3%), Copper: 0.06mg (2.84%), Vitamin B5: 0.27mg (2.66%), Zinc: 0.34mg (2.26%), Magnesium: 8.9mg (2.22%), Vitamin B3: 0.41mg (2.05%), Calcium: 19.36mg (1.94%), Iron: 0.31mg (1.71%), Potassium: 58.59mg (1.67%), Vitamin B6: 0.03mg (1.57%), Vitamin B12: 0.08µg (1.38%), Vitamin E: 0.2mg (1.3%)