



Buttermilk-Oat Rolls

READY IN



45 min.

SERVINGS



12

CALORIES



126 kcal

Ingredients

- ☐ 2.3 cups bread all-purpose divided
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large egg white lightly beaten
- ☐ 0.3 cup buttermilk low-fat
- ☐ 1 tablespoon butter melted
- ☐ 0.8 cup regular oats
- ☐ 1 tablespoon regular oats
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1.5 teaspoons sugar

- ☐ 0.3 cup warm water (105° to 115°)
- ☐ 0.5 cup water boiling
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ measuring cup

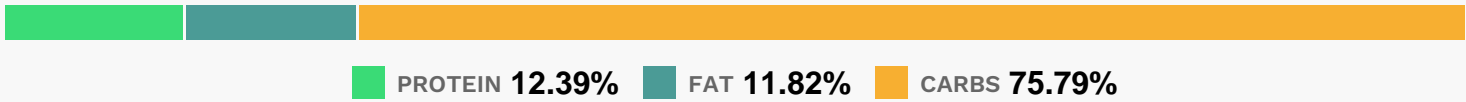
Directions

- ☐ Combine first 3 ingredients in a small bowl, stirring until well-blended.
- ☐ Let stand 5 minutes.
- ☐ Dissolve yeast and 1 1/2 teaspoons sugar in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add oat mixture, 1 3/4 cups flour, buttermilk, margarine, and salt to yeast mixture, stirring to form a soft dough. Turn dough out onto a lightly 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 be slightly sticky).
- ☐ 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 bulk. Punch dough down; cover and let rest 5 minutes. Divide dough into 12 equal portions. Working with 1 portion at a time (cover remaining dough to keep from drying), shape each into a ball.
- ☐ Place balls in a 9-inch square baking pan coated with cooking spray. Cover and let rise 30 minutes or until doubled in bulk.
- ☐ Preheat oven to 37
- ☐ Uncover the dough.
- ☐ Combine 1 tablespoon water and egg white; brush over dough.
- ☐ Sprinkle dough with 1 tablespoon oats.
- ☐ Bake at 375 for 25 minutes or until lightly browned.

☐

Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.6, Glycemic Load:15.27, Inflammation Score:-3, Nutrition Score:5.2791303606785%

Nutrients (% of daily need)

Calories: 125.9kcal (6.3%), Fat: 1.64g (2.52%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 22.31g (8.11%), Sugar: 1.87g (2.08%), Cholesterol: 0.2mg (0.07%), Sodium: 170.23mg (7.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.73%), Vitamin B1: 0.28mg (18.38%), Manganese: 0.36mg (18.23%), Folate: 58.69µg (14.67%), Selenium: 10.26µg (14.66%), Vitamin B2: 0.17mg (9.9%), Vitamin B3: 1.69mg (8.43%), Iron: 1.34mg (7.46%), Phosphorus: 56.99mg (5.7%), Fiber: 1.35g (5.41%), Magnesium: 14.21mg (3.55%), Copper: 0.06mg (3.1%), Zinc: 0.44mg (2.91%), Vitamin B5: 0.26mg (2.64%), Potassium: 63.39mg (1.81%), Calcium: 13.51mg (1.35%), Vitamin B6: 0.03mg (1.33%)