



Chocolate-Filled Buns

READY IN



45 min.

SERVINGS



16

CALORIES



198 kcal

BREAD

Ingredients

- ☐ 10.5 ounces bread flour
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons canola oil
- ☐ 1 large eggs
- ☐ 1 large egg whites lightly beaten
- ☐ 0.8 cup skim milk fat-free
- ☐ 1.5 teaspoons salt
- ☐ 3.5 ounces bittersweet chocolate chopped
- ☐ 0.3 cup sugar

- ☐ 0.5 cup water
- ☐ 7 ounces flour whole wheat
- ☐ 4.5 teaspoons yeast

Equipment

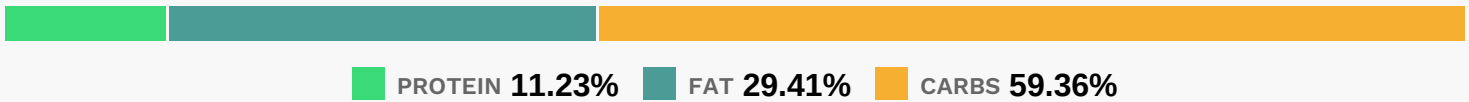
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Lightly spoon whole wheat flour into dry measuring cups; level with a knife.
- ☐ Combine whole wheat flour, sugar, salt, and quick-rise yeast in a large bowl, stirring well with a whisk.
- ☐ Combine milk, 1/2 cup water, butter, and canola oil in a microwave-safe bowl; microwave at HIGH 2 minutes, stirring every 30 seconds until mixture is warm (100 to 110).
- ☐ Add milk mixture to flour mixture; stir 1 minute.
- ☐ Add egg; stir 1 minute. Lightly spoon bread flour into dry measuring cups; level with a knife.
- ☐ Add bread flour to yeast mixture; stir until a soft dough forms. Turn mixture out onto a lightly floured surface; knead 2 minutes.
- ☐ Place dough in a large bowl coated with cooking spray; lightly coat top of dough with cooking spray. Cover and refrigerate overnight.
- ☐ Preheat oven to 37
- ☐ Turn dough out onto a lightly floured work surface, and punch down. Divide dough into 16 equal portions; shape each portion into a ball. Working with one ball at a time (cover remaining dough to prevent drying), roll dough into a 5-inch circle.

- ☐ Place about 1 1/2 teaspoons chocolate in the center of circle.
- ☐ Roll up dough tightly, jelly-roll fashion; pinch seams to seal.
- ☐ Place buns, seam side down, on a baking sheet lightly coated with cooking spray. Tuck ends under; cover. Repeat procedure with remaining dough and chocolate.
- ☐ Lightly coat dough with cooking spray; cover and let rise in a warm place (85), free from drafts, 40 minutes or until doubled in size. Lightly brush tops of buns with egg white.
- ☐ Bake at 375 for 17 minutes or until lightly browned. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:13.77, Glycemic Load:11.11, Inflammation Score:-4, Nutrition Score:7.3721738639085%

Nutrients (% of daily need)

Calories: 197.58kcal (9.88%), Fat: 6.55g (10.08%), Saturated Fat: 2.61g (16.28%), Carbohydrates: 29.74g (9.91%), Net Carbohydrates: 27.24g (9.91%), Sugar: 6.11g (6.79%), Cholesterol: 16.1mg (5.37%), Sodium: 243.92mg (10.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.33mg (1.78%), Protein: 5.63g (11.26%), Manganese: 0.74mg (36.94%), Selenium: 17.28µg (24.68%), Vitamin B1: 0.18mg (12.22%), Phosphorus: 103.23mg (10.32%), Fiber: 2.51g (10.02%), Magnesium: 35.12mg (8.78%), Copper: 0.17mg (8.52%), Folate: 33.9µg (8.48%), Vitamin B2: 0.11mg (6.43%), Vitamin B3: 1.22mg (6.12%), Iron: 1.09mg (6.03%), Zinc: 0.81mg (5.4%), Vitamin B6: 0.08mg (4.24%), Vitamin B5: 0.39mg (3.88%), Vitamin E: 0.58mg (3.86%), Potassium: 134.53mg (3.84%), Calcium: 28.98mg (2.9%), Vitamin K: 2.12µg (2.02%), Vitamin B12: 0.11µg (1.85%), Vitamin A: 88.62IU (1.77%), Vitamin D: 0.19µg (1.26%)