



## Cloverleaf Honey-Wheat Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



154 kcal

BREAD

### Ingredients

- ☐ 2 cups bread flour divided
- ☐ 2.5 tablespoons butter melted
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large eggs
- ☐ 3 tablespoons honey
- ☐ 1 teaspoon salt
- ☐ 1 cup warm water (100° to 110°)
- ☐ 1 tablespoon water

☐ 1 cup flour whole wheat

## Equipment

☐ bowl

☐ oven

☐ knife

☐ muffin liners

☐ measuring cup

## Directions

☐ Dissolve yeast in 1 cup warm water in a large bowl; let stand 5 minutes. Lightly spoon flours into dry measuring cups; level with a knife.

☐ Add 1 1/2 cups bread flour, whole wheat flour, honey, butter, and salt to yeast mixture; stir until well blended.

☐ Add 1/4 cup bread 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 bread flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel 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, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes.

☐ Preheat oven to 42

☐ Coat 12 muffin cups with cooking spray. Divide dough into 12 equal portions. Working with 1 portion at a time, divide each portion into 3 pieces; shape each piece into a ball (cover remaining dough to prevent it from drying).

☐ Place 3 balls in each muffin cup. Cover and let rise 25 minutes or until doubled in size.

☐ Uncover dough.

☐ Combine 1 tablespoon water and egg; brush over rolls.

☐ Bake at 425 for 12 minutes or until lightly browned.

☐ Serve warm.

# Nutrition Facts



## Properties

Glycemic Index:14.11, Glycemic Load:12.05, Inflammation Score:-3, Nutrition Score:5.3008694842296%

## Nutrients (% of daily need)

Calories: 153.93kcal (7.7%), Fat: 3.4g (5.23%), Saturated Fat: 1.73g (10.81%), Carbohydrates: 26.91g (8.97%), Net Carbohydrates: 25.17g (9.15%), Sugar: 4.43g (4.93%), Cholesterol: 21.77mg (7.26%), Sodium: 220.63mg (9.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Manganese: 0.58mg (28.97%), Selenium: 15.85µg (22.64%), Vitamin B1: 0.13mg (8.86%), Fiber: 1.74g (6.95%), Phosphorus: 68.78mg (6.88%), Folate: 27.08µg (6.77%), Magnesium: 20.1mg (5.03%), Vitamin B3: 0.95mg (4.75%), Copper: 0.09mg (4.49%), Vitamin B2: 0.07mg (4.37%), Zinc: 0.55mg (3.69%), Iron: 0.66mg (3.65%), Vitamin B6: 0.07mg (3.28%), Vitamin B5: 0.3mg (3.01%), Potassium: 71.92mg (2.05%), Vitamin A: 96.7IU (1.93%), Vitamin E: 0.27mg (1.77%), Calcium: 10.8mg (1.08%)