

Cloverleaf Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



153 kcal

BREAD

Ingredients

- ☐ 0.3 ounce yeast dry ()
- ☐ 2 cups bread flour
- ☐ 1 large water with 2 teaspoons water lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon poppy seeds toasted for sprinkling
- ☐ 1.5 teaspoons salt
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup butter unsalted

- ☐ 3 tablespoons water (105–115°F)
- ☐ 1 cup milk whole

Equipment

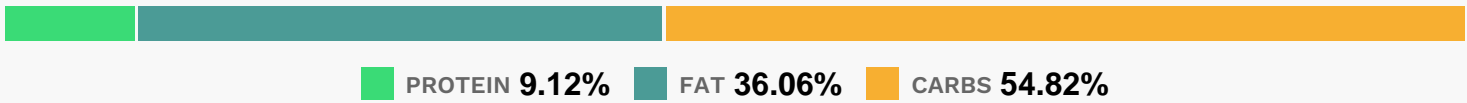
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ muffin liners

Directions

- ☐ Stir together warm water, yeast, and 1 tablespoon sugar in a small bowl until yeast is dissolved, then let stand until foamy, about 5 minutes. (If mixture doesn't foam, discard and start over with new yeast.)
- ☐ Melt 3/4 stick butter in a small saucepan, then add milk and heat to lukewarm. Stir together yeast mixture, remaining 2 tablespoons sugar, butter mixture, bread flour, and salt in a bowl with a wooden spoon until combined well, then stir in 1 1/2 cups all-purpose flour, or enough to make a slightly sticky dough.
- ☐ Butter a large bowl. Knead dough on a lightly floured surface, kneading in more all-purpose flour as needed to keep dough from sticking, until smooth and elastic, about 10 minutes (dough will still be slightly sticky). Form dough into a ball and put in buttered bowl, turning to coat.
- ☐ Let dough rise, bowl covered tightly with plastic wrap, in a draft-free place at warm room temperature until doubled in bulk, about 1 hour.
- ☐ Butter 18 muffin cups with remaining 2 tablespoons butter.
- ☐ Turn out dough onto a lightly floured surface and divide into thirds. Working with 1 piece at a time (keep remaining portions covered with plastic wrap), cut off tablespoon pieces of dough and form pieces into balls. Put 3 balls into each buttered muffin cup.

- ☐ Let rolls rise, loosely covered with a kitchen towel (not terry cloth), in draft-free place at warm room temperature until almost doubled in bulk, 30 to 40 minutes.
- ☐ While rolls rise, put oven rack in middle position and preheat oven to 400°F.
- ☐ Brush rolls lightly with egg wash and sprinkle with seeds.
- ☐ Bake until golden, 15 to 20 minutes.
- ☐ Serve warm.
- ☐ Rolls can be baked 1 day ahead and cooled completely, then kept, wrapped well in foil, at room temperature. Reheat in foil in a preheated 350°F oven 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:13.92, Inflammation Score:-2, Nutrition Score:3.8460869274872%

Nutrients (% of daily need)

Calories: 153kcal (7.65%), Fat: 6.13g (9.42%), Saturated Fat: 3.57g (22.3%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 20.14g (7.32%), Sugar: 2.74g (3.04%), Cholesterol: 15.18mg (5.06%), Sodium: 200.65mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.97%), Selenium: 9.48µg (13.54%), Manganese: 0.22mg (10.86%), Vitamin B1: 0.15mg (9.89%), Folate: 33.46µg (8.36%), Vitamin B2: 0.1mg (5.72%), Phosphorus: 46.78mg (4.68%), Vitamin B3: 0.93mg (4.67%), Iron: 0.67mg (3.72%), Vitamin A: 179.81IU (3.6%), Fiber: 0.82g (3.27%), Calcium: 29.39mg (2.94%), Copper: 0.05mg (2.61%), Magnesium: 9.51mg (2.38%), Vitamin B5: 0.22mg (2.19%), Zinc: 0.32mg (2.16%), Vitamin D: 0.24µg (1.62%), Potassium: 54.32mg (1.55%), Vitamin E: 0.22mg (1.49%), Vitamin B12: 0.08µg (1.4%), Vitamin B6: 0.03mg (1.27%)