



Coconut-milk Pudding Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



151 kcal

BREAD

Ingredients

- ☐ 1 package yeast dry
- ☐ 0.3 cup butter cooled melted plus more for buttering bowl
- ☐ 13.5 oz coconut milk canned
- ☐ 1 eggs
- ☐ 3.3 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar

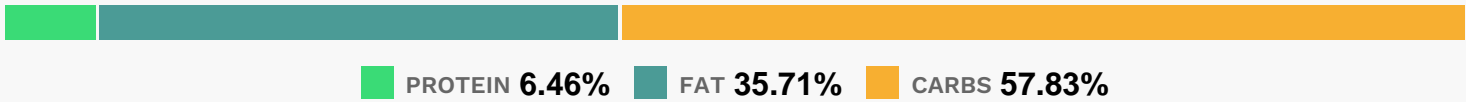
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Dissolve yeast in 1 cup warm water in a large bowl. Stir in 1 1/2 cups flour, 1/4 cup sugar, melted butter, salt, and egg until smooth. Stir in 1 1/2 cups flour and knead into soft dough, adding up to 1/4 cup flour as needed. Put dough in a large buttered bowl. Cover and allow to rise until doubled in bulk, about 1 hour. Punch down and allow to double again, about 30 minutes.
- ☐ Whisk together coconut milk, remaining 3/4 cup sugar, and 1 tbsp. flour until smooth. Set aside.
- ☐ Divide dough into 24 small balls.
- ☐ Put them in a 9- by 13-in. baking pan, cover, and allow to double, about 30 minutes.
- ☐ Preheat oven to 35
- ☐ Pour reserved coconut-milk mixture over raised rolls.
- ☐ Bake until golden brown, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:15.16, Inflammation Score:-2, Nutrition Score:3.8295652114827%

Nutrients (% of daily need)

Calories: 150.9kcal (7.54%), Fat: 6.1g (9.39%), Saturated Fat: 4.67g (29.17%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 21.35g (7.76%), Sugar: 8.9g (9.89%), Cholesterol: 11.9mg (3.97%), Sodium: 117.67mg (5.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Manganese: 0.26mg (13.18%), Vitamin B1: 0.17mg (11.33%), Selenium: 7.39µg (10.55%), Folate: 41.29µg (10.32%), Vitamin B2: 0.11mg (6.24%), Vitamin B3: 1.24mg (6.2%), Iron: 1.09mg (6.06%), Phosphorus: 40.28mg (4.03%), Fiber: 0.89g (3.55%), Copper: 0.07mg (3.5%), Magnesium: 10.05mg (2.51%), Potassium: 66.12mg (1.89%), Zinc: 0.28mg (1.84%), Vitamin B5: 0.17mg (1.73%), Vitamin A: 68.99IU (1.38%), Vitamin B6: 0.02mg (1.01%)