



Cornbread Yeast Rolls

 Vegetarian

READY IN



255 min.

SERVINGS



45

CALORIES



74 kcal

Ingredients

- ☐ 0.3 oz active yeast dry
- ☐ 4 cups bread flour divided
- ☐ 4 tablespoons butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 2 large eggs
- ☐ 0.3 cup honey
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1.3 teaspoons salt
- ☐ 1 tablespoon sesame seed

- ☐ 1 tablespoon sugar
- ☐ 1 cup warm water (105° to 115°)
- ☐ 0.8 cup cornmeal plain yellow
- ☐ 2 tablespoons cornmeal plain yellow

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ stand mixer
- ☐ kitchen towels
- ☐ measuring cup

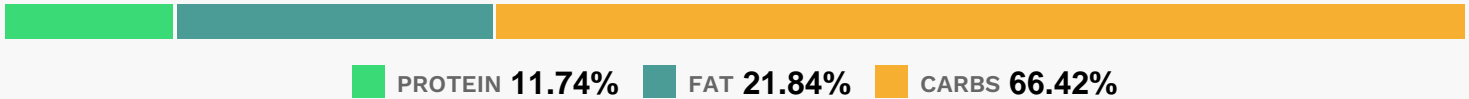
Directions

- ☐ Stir together yeast, 1 cup warm water, and sugar in a 2-cup glass measuring cup; let stand 5 minutes.
- ☐ Beat yeast mixture and 2 cups flour at low speed with a heavy-duty electric stand mixer, using dough hook attachment, until combined.
- ☐ Add honey, butter, 2 eggs, salt, and 3/4 cup cornmeal; beat at medium-low speed until well blended, scraping bowl as needed. Gradually beat in 2 remaining cups flour. Continue beating until a dough forms and begins to pull away from sides of bowl. (Dough will be sticky.) Beat dough 1 minute.
- ☐ Coat a large bowl with cooking spray; place dough in bowl, turning to grease top. Cover with plastic wrap, and let rise in a warm place (85), free from drafts, 2 hours or until doubled in bulk.
- ☐ Line 2 baking sheets with parchment paper; dust each with 1 Tbsp. cornmeal.
- ☐ Punch dough down; turn out onto a lightly floured surface. Knead 1 minute. Shape dough into 18 balls; place on prepared baking sheets. Cover with a clean kitchen towel, and let rise 1 to 1

1/2 hours or until almost doubled in bulk.

- ☐ Preheat oven to 37
- ☐ Gently brush rolls with lightly beaten egg, and sprinkle with sesame seeds and pepper.
- ☐ Bake 18 to 22 minutes or until golden on top, browned on bottom, and sound hollow when tapped on base.
- ☐ Let cool on baking sheets 5 minutes.
- ☐ Serve immediately.
- ☐ Note: To make ahead, prepare recipe as directed through Step 5; cover loosely with plastic wrap or aluminum foil. Chill 24 hours. Uncover and bake as directed in Step

Nutrition Facts



Properties

Glycemic Index:9.85, Glycemic Load:7.57, Inflammation Score:-1, Nutrition Score:1.8408695690172%

Nutrients (% of daily need)

Calories: 74.02kcal (3.7%), Fat: 1.79g (2.76%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 11.65g (4.24%), Sugar: 1.91g (2.12%), Cholesterol: 15.08mg (5.03%), Sodium: 78.12mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Selenium: 5.72µg (8.18%), Manganese: 0.12mg (5.91%), Phosphorus: 26.87mg (2.69%), Folate: 10.22µg (2.56%), Vitamin B1: 0.04mg (2.55%), Fiber: 0.63g (2.52%), Copper: 0.04mg (2%), Vitamin B2: 0.03mg (1.93%), Magnesium: 7.35mg (1.84%), Zinc: 0.27mg (1.77%), Iron: 0.29mg (1.62%), Vitamin B6: 0.03mg (1.62%), Vitamin B5: 0.14mg (1.42%), Vitamin B3: 0.26mg (1.32%)