



Cornmeal Cloverleaf Rolls

READY IN



45 min.

SERVINGS



18

CALORIES



154 kcal

BREAD

Ingredients

- ☐ 0.3 cup cornmeal
- ☐ 1 teaspoon cornmeal
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large egg white lightly beaten
- ☐ 4.3 cups flour all-purpose divided
- ☐ 1.5 cups milk 2% reduced-fat
- ☐ 1.3 teaspoons salt
- ☐ 3 tablespoons stick margarine melted
- ☐ 1 tablespoon sugar

- ☐ 0.3 cup warm water (100° to 110°)
- ☐ 1 tablespoon water

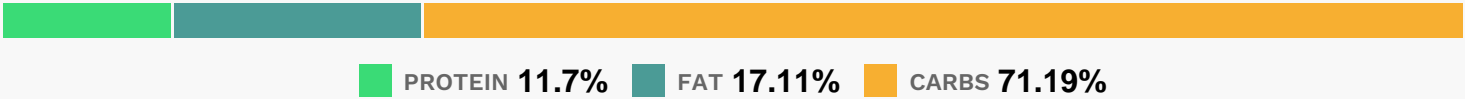
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Dissolve yeast and sugar in warm water in a large bowl; let stand 5 minutes. Stir in milk. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 4 cups flour, 1/3 cup cornmeal, butter, and salt to yeast mixture; beat at medium speed of a mixer until smooth. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining 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 2 fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 10 minutes. Divide into 18 equal portions. Working with 1 portion at a time (cover remaining dough to keep from drying), divide each portion into 3 pieces; shape each piece into a ball. Coat muffin pans with cooking spray; place 3 dough balls in each muffin cup. Cover and let rise 10 minutes or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Uncover rolls.
- ☐ Combine egg white and 1 tablespoon water; brush over rolls.
- ☐ Sprinkle with 1 teaspoon cornmeal.
- ☐ Bake at 350 for 25 minutes or until golden brown.
- ☐ Remove from pan; serve warm.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:18.41, Inflammation Score:-3, Nutrition Score:5.6365217720361%

Nutrients (% of daily need)

Calories: 153.61kcal (7.68%), Fat: 2.88g (4.43%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 26.99g (9%), Net Carbohydrates: 25.79g (9.38%), Sugar: 1.8g (2%), Cholesterol: 1.57mg (0.52%), Sodium: 198.15mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Vitamin B1: 0.3mg (19.74%), Folate: 66.29µg (16.57%), Selenium: 11.28µg (16.11%), Vitamin B2: 0.21mg (12.5%), Manganese: 0.23mg (11.47%), Vitamin B3: 2.03mg (10.15%), Iron: 1.5mg (8.35%), Phosphorus: 60.79mg (6.08%), Fiber: 1.2g (4.82%), Magnesium: 12.58mg (3.15%), Calcium: 29.51mg (2.95%), Zinc: 0.43mg (2.88%), Vitamin B5: 0.28mg (2.78%), Copper: 0.05mg (2.74%), Vitamin B6: 0.04mg (2.24%), Potassium: 77.36mg (2.21%), Vitamin A: 108.21IU (2.16%), Vitamin B12: 0.11µg (1.81%)