



# Cornmeal, Fennel, and Golden Raisin Dinner Rolls

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



128 kcal

BREAD

## Ingredients

- 5.3 ounces bread flour (1 cup plus 3 tablespoons)
- 9 tablespoons cornmeal
- 2.3 teaspoons yeast dry
- 1 large eggs lightly beaten
- 1 teaspoon fennel seeds crushed
- 1.3 cups flour all-purpose
- 1 cup golden raisins

- 1 teaspoon salt
- 0.3 teaspoon sugar
- 1.3 cups warm water (100° to 110°)

## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Dissolve sugar and yeast in warm water in a large bowl; let stand 5 minutes.
- Add raisins and next 5 ingredients (through cornmeal), stirring until a stiff dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes; dough will feel sticky).
- 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. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rise 1 hour or until doubled in size.
- Punch dough down. Divide dough into 16 (1 1/2-ounce) portions. Working with one dough portion at a time (cover remaining dough portions to prevent drying), roll each portion into a ball.
- Place dough balls on a large baking sheet coated with cooking spray. Cover and let rise 30 minutes or until dough balls are doubled in size.
- Preheat oven to 45
- Uncover dough. Gently brush egg evenly over dough.
- Bake at 450 for 10 minutes or until rolls are browned on bottom and sound hollow when tapped.
- Remove from pan; cool on wire racks.

## Nutrition Facts



■ PROTEIN 11.33% ■ FAT 6.83% ■ CARBS 81.84%

## Properties

Glycemic Index:21.08, Glycemic Load:16.56, Inflammation Score:-2, Nutrition Score:4.2221738968206%

## Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 127.56kcal (6.38%), Fat: 0.98g (1.51%), Saturated Fat: 0.21g (1.34%), Carbohydrates: 26.44g (8.81%), Net Carbohydrates: 24.87g (9.04%), Sugar: 5.58g (6.2%), Cholesterol: 11.63mg (3.88%), Sodium: 152.75mg (6.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Selenium: 8.68µg (12.4%), Manganese: 0.22mg (11.03%), Vitamin B1: 0.16mg (10.45%), Folate: 36.07µg (9.02%), Vitamin B2: 0.11mg (6.58%), Fiber: 1.57g (6.27%), Vitamin B3: 1.14mg (5.69%), Iron: 0.99mg (5.49%), Phosphorus: 53.08mg (5.31%), Copper: 0.09mg (4.36%), Vitamin B6: 0.08mg (4.15%), Magnesium: 15.13mg (3.78%), Potassium: 116.95mg (3.34%), Zinc: 0.44mg (2.92%), Vitamin B5: 0.24mg (2.4%), Calcium: 12.14mg (1.21%)