



Cottage Cheese Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 ounce yeast dry
- 8 ounces curd cottage cheese 4%
- 2 eggs
- 4 cups flour all-purpose
- 0.5 cup potatoes mashed
- 1 teaspoon salt
- 24 servings sesame seed
- 0.3 cup sugar

- 2 tablespoons vegetable oil
- 0.3 cup water (110° to 115°)
- 1 cup water boiling

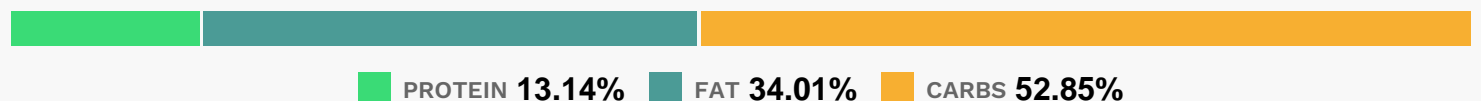
Equipment

- bowl
- baking sheet
- oven

Directions

- In a bowl, combine the boiling water and potato flakes; mix well. Cool for 10 minutes. Meanwhile, in a bowl, dissolve yeast in warm water. Beat in the sugar, salt, 1 egg and oil until blended. Stir cottage cheese into the potatoes; add to yeast mixture and mix well. Beat in 3 cups flour until smooth. Stir in enough remaining flour to form a soft dough.
- Turn dough onto a floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down. Turn onto a lightly floured surface. Divide into 24 pieces; shape each into a ball.
- Place 3 in. apart on greased baking sheets. Cover and let rise until doubled, about 45 minutes. Beat remaining egg; brush over dough.
- Sprinkle with sesame seeds if desired.
- Bake at 350° for 16–18 minutes or until golden brown.
- Remove from pans to wire racks.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:13.37, Inflammation Score:-3, Nutrition Score:7.5652173757553%

Nutrients (% of daily need)

Calories: 159.6kcal (7.98%), Fat: 6.1g (9.39%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 19.66g (7.15%), Sugar: 2.47g (2.74%), Cholesterol: 15.25mg (5.08%), Sodium: 135.25mg (5.88%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.3g (10.61%), Vitamin B1: 0.28mg (18.38%), Copper: 0.37mg (18.37%), Selenium: 12.06µg (17.23%), Manganese: 0.34mg (17.17%), Folate: 56.23µg (14.06%), Iron: 2.23mg (12.36%), Vitamin B2: 0.17mg (9.91%), Phosphorus: 98.94mg (9.89%), Calcium: 91.9mg (9.19%), Vitamin B3: 1.8mg (9%), Magnesium: 34.97mg (8.74%), Fiber: 1.67g (6.67%), Zinc: 0.88mg (5.9%), Vitamin B6: 0.1mg (4.84%), Vitamin B5: 0.27mg (2.7%), Potassium: 91.23mg (2.61%), Vitamin K: 2.27µg (2.16%), Vitamin C: 1.01mg (1.23%), Vitamin B12: 0.07µg (1.22%), Vitamin E: 0.17mg (1.14%)