

Cranberry-Nut Rolls

Vegetarian







Ingredients

3.5 cups bread flour ()
1 large eggs beaten to blend (for glaze)
1 tablespoon brown sugar packed ()
12 servings sugar raw
1.5 teaspoons salt
1 cup cranberries dried sweetened
2 tablespoons vegetable oil for coating bowl
1 cup walnut pieces coarsely chopped
1.5 cups milk whole

	1.5 teaspoons yeast dry (from one)	
Equipment		
	bowl	
	frying pan	
	baking sheet	
	sauce pan	
	oven	
	plastic wrap	
	kitchen thermometer	
	aluminum foil	
	stand mixer	
Directions		
	Stir nuts in dry skillet over medium heatuntil toasted, about 5 minutes. Cool.	
	Mix 3 1/2 cups bread flour and next3 ingredients in bowl of heavy-duty standmixer fitted with paddle attachment. Warmmilk in small saucepan over low heat untilinstant-read thermometer inserted intomilk registers 95°F.	
	Add oil; remove fromheat.	
	Add milk mixture and 1 egg to flourmixture.	
	Mix on low speed until wet coarseball forms, about 1 minute.	
	Add nuts andcranberries. Replace paddle attachment onmixer with dough hook.	
	Mix dough on lowspeed until smooth, elastic, and slightlytacky, adding more flour by tablespoonfulsas needed, about 4 minutes.	
	Transfer doughto floured surface; knead 2 minutes.	
	Lightly oil large bowl. Shape doughinto ball; place in prepared bowl, turning tocoat with oil. Cover with plastic wrap; letdough rise at room temperature until almostdoubled in volume, 1 3/4 to 2 hours.	
	Line large rimmed baking sheet withparchment paper.	

	Transfer dough tounfloured surface; divide into 12 equalpieces. Using cupped hand, roll and	
	rotate1 dough piece firmly on work surface untildough piece pops up into cupped hand	
	assmooth round ball, about 6 rotations. (This will make dough ball as smooth as possible; if	
	necessary, wipe work surface with damppaper towel to help create traction.) Repeatwith remaining dough pieces.	
	Transfer rolls to prepared baking sheet, spacing apart. Spray rolls with nonstick spray. Cover	
	loosely with plastic wrap; letrise at room temperature until 1 1/2 timesoriginal size, about 1 1/2 hours.	
	Brush rollswith egg glaze; sprinkle with raw sugar.	
	Letrise 15 minutes longer.	
	Meanwhile, position rack in center of oven and preheat to 425°F.	
	Place rolls in oven; reduce oventemperature to 400°F and bake 7 minutes.Rotate baking sheet; bake rolls until goldenand slightly firm to touch, about 8 minuteslonger. Cool completely on rack. DO AHEAD: Wrap in foil, then enclose in resealableplastic bag and freeze up to 2 weeks.Thaw rolls at room temperature. If desired,rewarm rolls wrapped in foil in 350°F ovenabout 10 minutes.	
	* Also called turbinado or demerara sugar;available at most supermarkets.	
	Bon Appétit	
Nutrition Facts		
	PROTEIN 10.57% FAT 33.82% CARBS 55.61%	

Properties

Glycemic Index:10.42, Glycemic Load:17.81, Inflammation Score:-3, Nutrition Score:7.3613042701846%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 279.84kcal (13.99%), Fat: 10.74g (16.52%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 39.74g (13.25%), Net Carbohydrates: 37.57g (13.66%), Sugar: 11.15g (12.38%), Cholesterol: 19.16mg (6.39%), Sodium: 310.13mg (13.48%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 7.55g (15.1%), Manganese: 0.65mg (32.69%), Selenium: 16.91µg (24.16%), Copper: 0.23mg (11.68%), Phosphorus: 111.49mg (11.15%), Fiber: 2.17g (8.67%), Vitamin B1: 0.13mg

(8.35%), Folate: 32.65μg (8.16%), Magnesium: 29.41mg (7.35%), Vitamin B2: 0.12mg (6.82%), Calcium: 57.03mg (5.7%), Zinc: 0.83mg (5.55%), Vitamin K: 5.41μg (5.16%), Vitamin B6: 0.1mg (5.08%), Vitamin B5: 0.47mg (4.69%), Vitamin E: 0.67mg (4.47%), Iron: 0.75mg (4.15%), Potassium: 141.3mg (4.04%), Vitamin B3: 0.72mg (3.61%), Vitamin B12: 0.2μg (3.37%), Vitamin D: 0.42μg (2.79%), Vitamin A: 74.59IU (1.49%)