

Cranberry-Nut Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



280 kcal

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

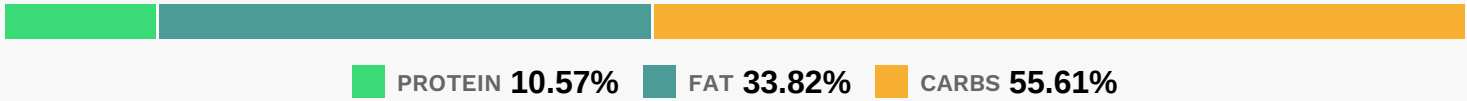
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stand mixer

Directions

- ☐ Stir nuts in dry skillet over medium heat until toasted, about 5 minutes. Cool.
- ☐ Mix 3 1/2 cups bread flour and next 3 ingredients in bowl of heavy-duty stand mixer fitted with paddle attachment. Warm milk in small saucepan over low heat until instant-read thermometer inserted into milk registers 95°F.
- ☐ Add oil; remove from heat.
- ☐ Add milk mixture and 1 egg to flour mixture.
- ☐ Mix on low speed until wet coarse ball forms, about 1 minute.
- ☐ Add nuts and cranberries. Replace paddle attachment on mixer with dough hook.
- ☐ Mix dough on low speed until smooth, elastic, and slightly tacky, adding more flour by tablespoonfuls as needed, about 4 minutes.
- ☐ Transfer dough to floured surface; knead 2 minutes.
- ☐ Lightly oil large bowl. Shape dough into ball; place in prepared bowl, turning to coat with oil. Cover with plastic wrap; let dough rise at room temperature until almost doubled in volume, 1 3/4 to 2 hours.
- ☐ Line large rimmed baking sheet with parchment paper.

- ☐ Transfer dough to unfloured surface; divide into 12 equal pieces. Using cupped hand, roll and rotate 1 dough piece firmly on work surface until dough piece pops up into cupped hand as smooth round ball, about 6 rotations. (This will make dough ball as smooth as possible; if necessary, wipe work surface with damp paper towel to help create traction.) Repeat with remaining dough pieces.
- ☐ Transfer rolls to prepared baking sheet, spacing apart. Spray rolls with nonstick spray. Cover loosely with plastic wrap; let rise at room temperature until 1 1/2 times original size, about 1 1/2 hours.
- ☐ Brush rolls with egg glaze; sprinkle with raw sugar.
- ☐ Let rise 15 minutes longer.
- ☐ Meanwhile, position rack in center of oven and preheat to 425°F.
- ☐ Place rolls in oven; reduce oven temperature to 400°F and bake 7 minutes. Rotate baking sheet; bake rolls until golden and slightly firm to touch, about 8 minutes longer. Cool completely on rack. DO AHEAD: Wrap in foil, then enclose in resealable plastic bag and freeze up to 2 weeks. Thaw rolls at room temperature. If desired, rewarm rolls wrapped in foil in 350°F oven about 10 minutes.
- ☐ * Also called turbinado or demerara sugar; available at most supermarkets.
- ☐ Bon Appétit

Nutrition Facts



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, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, 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: 0g (100%), Alcohol %: 0% (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%)