



Crusty Whole-Grain Flaxseed Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



139 kcal

BREAD

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large egg white
- ☐ 0.3 cup flaxseeds
- ☐ 2 tablespoons flaxseeds
- ☐ 2 cups flour all-purpose divided
- ☐ 1 cup warm milk 2% reduced-fat (100° to 110°)
- ☐ 2 teaspoons salt

- ☐ 2 teaspoons vegetable oil
- ☐ 1 cup warm water (100° to 110°)
- ☐ 1 tablespoon water
- ☐ 2 cups flour whole-wheat

Equipment

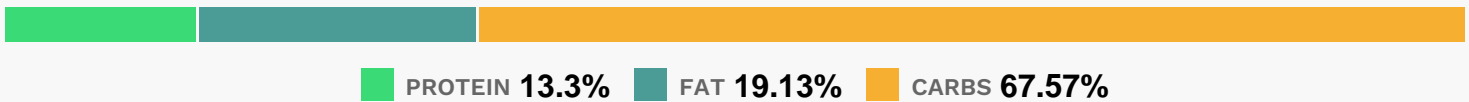
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Place 1/3 cup flaxseed in a blender or clean coffee grinder, and process until ground to measure 1/2 cup flaxseed meal; set aside.
- ☐ Dissolve sugar and yeast in warm water and warm milk in a large bowl; let stand 5 minutes. Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Add flaxseed meal, whole-wheat flour, 1 1/2 cups all-purpose flour, salt, and oil to yeast mixture; stir to form a soft dough. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining all-purpose 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 two fingers into dough. If the indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes.
- ☐ Divide dough into 18 equal portions, shaping each portion into a ball (cover remaining dough while working to prevent it from drying).

- ☐ Place balls 2 inches apart on a large baking sheet coated with cooking spray. Cover and let rise 45 minutes or until dough is doubled in size.
- ☐ Preheat oven to 42
- ☐ Uncover rolls; cut a 1/4-inch-deep "X" in top of each roll.
- ☐ Combine 1 tablespoon water and egg white, and brush over rolls.
- ☐ Sprinkle rolls with 2 tablespoons flaxseed.
- ☐ Bake at 425 for 15 minutes or until rolls are browned on the bottom and sound hollow when tapped.
- ☐ Remove rolls from pan.
- ☐ Note: These rolls freeze well. To freeze, cool rolls completely and store in a zip-top freezer bag. When ready to use, remove rolls from bag and thaw completely. Preheat oven to 35
- ☐ Place rolls on a baking sheet; cover with foil, and bake until heated, about 8 minutes.

Nutrition Facts



Properties

Glycemic Index:7.72, Glycemic Load:7.69, Inflammation Score:-3, Nutrition Score:7.7026086823772%

Nutrients (% of daily need)

Calories: 139.23kcal (6.96%), Fat: 3.04g (4.68%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 24.18g (8.06%), Net Carbohydrates: 21.12g (7.68%), Sugar: 2.77g (3.08%), Cholesterol: 1.05mg (0.35%), Sodium: 270.86mg (11.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Manganese: 0.75mg (37.35%), Selenium: 14.77µg (21.1%), Vitamin B1: 0.29mg (19.54%), Fiber: 3.06g (12.24%), Folate: 44.81µg (11.2%), Phosphorus: 104.6mg (10.46%), Magnesium: 40.05mg (10.01%), Vitamin B3: 1.78mg (8.92%), Vitamin B2: 0.15mg (8.55%), Iron: 1.4mg (7.75%), Copper: 0.13mg (6.62%), Zinc: 0.72mg (4.83%), Vitamin B6: 0.09mg (4.6%), Potassium: 125.36mg (3.58%), Calcium: 35.6mg (3.56%), Vitamin B5: 0.29mg (2.88%), Vitamin K: 1.42µg (1.36%), Vitamin B12: 0.07µg (1.19%), Vitamin E: 0.16mg (1.07%)