



Cucumber Pan Rolls

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



170 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 2 tablespoons chives minced
- 1 large cucumber diced peeled seeded
- 3.8 cups flour all-purpose
- 2 teaspoons optional: dill fresh minced
- 1 teaspoon salt
- 0.5 cup cream sour
- 1 tablespoon sugar

0.3 cup water

Equipment

bowl

frying pan

sauce pan

oven

wire rack

blender

baking pan

Directions

Place cucumber in a blender, cover and process until smooth.

Place 3/4 cup of puree in a saucepan (discard remaining puree or save for another use).

Add the sour cream, water, sugar and salt to pan; heat to 120°–130° (mixture will appear separated).

In a large bowl, combine 1-1/4 cups flour, yeast, chives and dill; add cucumber mixture. Beat on low speed just until moistened; beat on high for 3 minutes.

Add enough remaining flour to form a stiff dough.

Turn 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; let rest 10 minutes. Shape into 12 balls; place in a greased 13-in. x 9-in. baking pan. Cover and let rise until doubled, about 45 minutes.

Bake at 375° for 30–35 minutes or until golden brown.

Remove from pan and cool on a wire rack for 10 minutes.

Serve warm.

Nutrition Facts



■ PROTEIN 11.12% ■ FAT 12.51% ■ CARBS 76.37%

Properties

Glycemic Index:18.34, Glycemic Load:22.32, Inflammation Score:-4, Nutrition Score:6.8556521936603%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 169.89kcal (8.49%), Fat: 2.33g (3.59%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 32.02g (10.67%), Net Carbohydrates: 30.63g (11.14%), Sugar: 1.76g (1.96%), Cholesterol: 5.65mg (1.88%), Sodium: 198.59mg (8.63%), Alcohol: 0g (100%), Protein: 4.66g (9.32%), Vitamin B1: 0.38mg (25.41%), Folate: 89.7µg (22.42%), Selenium: 13.68µg (19.54%), Manganese: 0.29mg (14.45%), Vitamin B2: 0.24mg (14.08%), Vitamin B3: 2.56mg (12.82%), Iron: 1.89mg (10.53%), Phosphorus: 58.43mg (5.84%), Fiber: 1.39g (5.56%), Copper: 0.08mg (3.95%), Vitamin B5: 0.34mg (3.41%), Magnesium: 12.94mg (3.24%), Vitamin K: 3.01µg (2.87%), Potassium: 92.81mg (2.65%), Zinc: 0.4mg (2.64%), Vitamin B6: 0.04mg (2.13%), Vitamin A: 99.56IU (1.99%), Calcium: 19.75mg (1.98%), Vitamin C: 1.14mg (1.38%)