



## Deb's Cloverleaf Rolls

 Vegetarian

READY IN



130 min.

SERVINGS



24

CALORIES



246 kcal

### Ingredients

- 2 tablespoons active yeast dry
- 9 cups bread flour divided
- 0.5 cup butter melted
- 2 cups regular rolled oats
- 1 tablespoon salt
- 4 cups water hot
- 0.5 cup sugar white

### Equipment

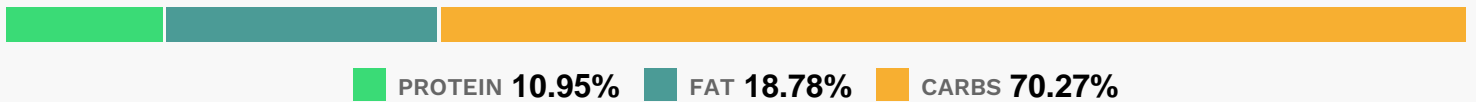
- oven

- mixing bowl
- blender
- stand mixer
- muffin liners

## Directions

- Combine the hot water, white sugar, and yeast together in the mixing bowl of a large stand mixer; let sit until it forms a creamy layer on top, about 10 minutes.
- Fit the mixer with a dough hook, and slowly beat in 3 cups of bread flour and the rolled oats until the flour is thoroughly worked in.
- Place the mixing bowl in a warm place, cover with a cloth, and let the batter rise until doubled and puffy, about 1 hour.
- Place the mixing bowl back onto the stand mixer, and pour in the butter; start the mixer on low speed, and beat in the remaining 6 cups of bread flour.
- Sprinkle salt into the dough. Turn the mixer up to medium, and knead the dough until smooth and elastic, 5 to 8 minutes.
- Preheat oven to 375 degrees F (190 degrees C). Grease 24 muffin cups.
- Pinch off about 2 tablespoons of dough, and form into a ball about the size of a large cherry tomato.
- Place the dough ball into a greased muffin cup; make 2 more balls, and place them into the same cup (3 dough balls per cup). Repeat with remaining dough.
- Bake the rolls in the preheated oven until they turn lightly golden brown, 38 minutes.

## Nutrition Facts



## Properties

Glycemic Index:9.46, Glycemic Load:26.49, Inflammation Score:-2, Nutrition Score:5.6169565792965%

## Nutrients (% of daily need)

Calories: 245.86kcal (12.29%), Fat: 5.09g (7.83%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 42.86g (14.29%), Net Carbohydrates: 40.97g (14.9%), Sugar: 4.37g (4.86%), Cholesterol: 10.17mg (3.39%), Sodium: 324.62mg (14.11%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Manganese: 0.62mg (30.92%), Selenium: 20.66µg (29.52%), Phosphorus: 76.43mg (7.64%), Fiber: 1.9g (7.59%), Vitamin B1: 0.11mg (7.03%), Folate: 25.57µg (6.39%), Copper: 0.12mg (6%), Magnesium: 21.72mg (5.43%), Zinc: 0.68mg (4.53%), Iron: 0.72mg (4.01%), Vitamin B3: 0.68mg (3.4%), Vitamin B5: 0.33mg (3.31%), Vitamin B2: 0.05mg (3.2%), Vitamin A: 119.12IU (2.38%), Vitamin E: 0.33mg (2.17%), Potassium: 75.8mg (2.17%), Vitamin B6: 0.03mg (1.46%), Calcium: 13.18mg (1.32%)