

Dilly Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



152 kcal

BREAD

Ingredients

- ☐ 2.3 teaspoon yeast dry
- ☐ 0.5 cup buttermilk
- ☐ 2 teaspoons dill seed
- ☐ 2.5 cups flour all-purpose plus more
- ☐ 2 tablespoons optional: dill fresh finely chopped
- ☐ 1.5 teaspoon kosher salt
- ☐ 0.5 small onion finely chopped
- ☐ 2 tablespoons sugar

- ☐ 4 tablespoons butter unsalted divided melted plus more for bowl and parchment paper ()
- ☐ 0.5 cup milk whole

Equipment

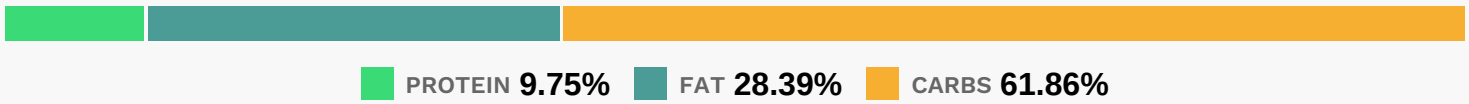
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ kitchen thermometer

Directions

- ☐ Gently heat milk until warm to the touch (an instant-read thermometer should register 120°F–130°F).
- ☐ Add sugar and yeast and whisk to combine.
- ☐ Add buttermilk; let sit until yeast starts to foam, 5–10 minutes.
- ☐ Combine onion, fresh dill, dill seeds, salt, and 2 1/2 cups flour in a large bowl. Stir in milk mixture and 2 tablespoons butter, adding more flour as needed (dough will initially be fairly wet), until a sticky dough forms. Turn out onto a lightly floured surface and knead until dough is smooth and elastic, about 5 minutes.
- ☐ Transfer dough to a lightly buttered bowl and cover with plastic wrap.
- ☐ Let rise in a warm, draft-free area until doubled in size, about 1 hour. Punch down dough and let rise until doubled again, about 1 hour. Punch down dough and, using a pastry scraper or a sharp knife, divide into 12 pieces.
- ☐ Line a baking sheet with parchment paper and lightly butter top. Cupping your hand over and using your palm, roll each piece of dough on work surface into a ball and place on prepared baking sheet, spacing at least 2" apart (you need to leave enough room so that they're not touching after they've risen).

- ☐
- Brush tops with remaining 2 tablespoons butter and cover loosely with plastic wrap; let rise until almost doubled in size, 20–30 minutes.
- ☐
- Meanwhile, preheat oven to 400°F.
- ☐
- Bake rolls until puffed and deep golden brown on the tops and bottoms, 15–20 minutes.
- ☐
- Transfer to a wire rack and let cool slightly before serving.
- ☐
- Rolls can be made 3 hours ahead. Reheat before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:21.34, Glycemic Load:16.17, Inflammation Score:-4, Nutrition Score:5.2273912403895%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 152.41kcal (7.62%), Fat: 4.8g (7.39%), Saturated Fat: 2.83g (17.66%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 22.56g (8.2%), Sugar: 3.17g (3.52%), Cholesterol: 12.35mg (4.12%), Sodium: 306.63mg (13.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Vitamin B1: 0.28mg (18.8%), Folate: 62.63µg (15.66%), Selenium: 9.55µg (13.65%), Vitamin B2: 0.19mg (11.01%), Manganese: 0.19mg (9.61%), Vitamin B3: 1.81mg (9.04%), Iron: 1.3mg (7.2%), Phosphorus: 53.59mg (5.36%), Fiber: 0.98g (3.94%), Calcium: 35.52mg (3.55%), Vitamin A: 154.98IU (3.1%), Vitamin B5: 0.28mg (2.78%), Magnesium: 9.59mg (2.4%), Copper: 0.05mg (2.39%), Zinc: 0.34mg (2.25%), Vitamin D: 0.31µg (2.08%), Potassium: 72.31mg (2.07%), Vitamin B12: 0.11µg (1.82%), Vitamin B6: 0.03mg (1.73%)