

Dilly Rolls

Vegetarian







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
Εq	uipment
	bowl
	baking sheet
	baking paper
	oven
	knife
	whisk
	wire rack
	plastic wrap
	kitchen thermometer
Di	rections
	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
PROTEIN 9.75% FAT 28.39% CARBS 61.86%

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, 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: Og (100%), Alcohol %: O% (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%)