



Featherlight Yeast Rolls

 Vegetarian

READY IN



35 min.

SERVINGS



24

CALORIES



83 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 2.7 cups flour all-purpose
- ☐ 0.5 pound baking potatoes peeled cut into 1-inch pieces (baking)
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.5 stick butter unsalted divided
- ☐ 0.5 cup milk whole

Equipment

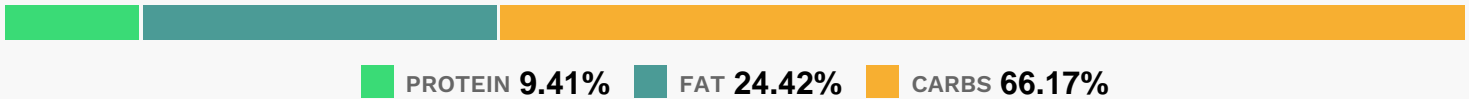
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ baking pan
- ☐ wooden spoon
- ☐ kitchen towels

Directions

- ☐ Generously cover potato with cold water in a medium saucepan. Bring to a boil, then simmer, covered, until very tender, about 10 minutes. Reserve 1 cup cooking liquid, then drain potato well.
- ☐ Meanwhile, melt 2 1/2 tablespoons butter.
- ☐ Mash hot potato in a large bowl with a fork. Stir in milk, salt, 2 tablespoons sugar, and 2 tablespoons melted butter (mixture will be lumpy).
- ☐ Cool 1/2 cup cooking liquid to warm (105 to 115°F). Stir in yeast and let stand until foamy, about 5 minutes. (If mixture doesn't foam, Start over with new yeast and remaining cooking liquid.)
- ☐ Stir yeast mixture into potato mixture, then stir in flour with a wooden spoon until a soft dough forms.
- ☐ Turn out dough onto a floured surface and knead, dusting surface and hands with just enough flour to keep dough from sticking, until smooth and elastic, about 10 minutes (dough will be slightly sticky).
- ☐ Brush a large bowl with some of remaining melted butter, then turn dough in bowl to coat. Cover tightly with plastic wrap and let rise, chilled, 8 to 12 hours.
- ☐ Punch down dough (do not knead), then halve.
- ☐ Roll each half into a 12-inch-long log on a very lightly floured surface with lightly floured hands.

- ☐ Cut each log into 12 equal pieces and roll each into a ball. Arrange evenly spaced in 6 rows of 4 (less than 1/2 inch apart) in a buttered 13- by 9- by 2-inch baking pan. Cover pan with a kitchen towel (not terry cloth).
- ☐ Let rolls rise in a draft-free place at warm room temperature until doubled (they will fill pan), 1 to 1 1/2 hours.
- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Melt remaining 1 1/2 tablespoons butter.
- ☐ Brush top of rolls with melted butter and bake until golden-brown, 25 to 30 minutes. Loosen edges with a sharp knife, then transfer rolls to a rack and cool slightly.
- ☐ Rolls are best the day they're baked but can be frozen, wrapped well, up to 1 month. Thaw, then reheat, uncovered, on a baking sheet in a 350°F oven, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:11.16, Glycemic Load:9.8, Inflammation Score:-2, Nutrition Score:2.8604347628096%

Nutrients (% of daily need)

Calories: 82.76kcal (4.14%), Fat: 2.24g (3.45%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 13.66g (4.55%), Net Carbohydrates: 13.09g (4.76%), Sugar: 1.34g (1.49%), Cholesterol: 5.67mg (1.89%), Sodium: 100mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.89%), Vitamin B1: 0.15mg (10.15%), Folate: 33.72µg (8.43%), Selenium: 4.9µg (6.99%), Manganese: 0.11mg (5.55%), Vitamin B2: 0.09mg (5.39%), Vitamin B3: 1.04mg (5.21%), Iron: 0.73mg (4.08%), Phosphorus: 27.78mg (2.78%), Vitamin B6: 0.05mg (2.32%), Fiber: 0.58g (2.31%), Potassium: 65.32mg (1.87%), Copper: 0.03mg (1.58%), Vitamin B5: 0.15mg (1.51%), Magnesium: 6.05mg (1.51%), Vitamin A: 67.16IU (1.34%), Zinc: 0.17mg (1.14%), Calcium: 10.29mg (1.03%)