



## Green Onion Potato Rolls

 Vegetarian

READY IN



50 min.

SERVINGS



24

CALORIES



183 kcal

BREAD

### Ingredients

- 0.5 ounce yeast dry
- 4.5 cups bread flour
- 0.5 cup butter
- 2 eggs
- 24 servings flour all-purpose
- 4 spring onion sliced
- 2 cups milk
- 1.3 cups potatoes divided mashed

- 2 teaspoons salt
- 3 tablespoons sugar

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- baking pan

## Directions

- In a bowl, combine 1-1/2 cups flour, 1 cup potato flakes, sugar, yeast and salt. In a saucepan, heat the milk, butter and onions to 120°-130°.
- Add to dry ingredients; beat until moistened.
- Add eggs; beat on medium speed for 3 minutes. Stir in enough remaining flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, about 8-10 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 45 minutes.
- Punch dough down. Cover and let rest for 15 minutes. Turn onto a floured surface; divide into 24 pieces. Shape each into a ball. Dip each ball into remaining potato flakes.
- Place in a greased 13-in. x 9-in. baking pan. Cover and let rise in a warm place until doubled, about 30 minutes.
- Bake at 375° for 25-35 minutes or until golden brown.
- Remove from pan to a wire rack to cool.

## Nutrition Facts



PROTEIN 11.63%  FAT 26.54%  CARBS 61.83%

## Properties

Glycemic Index:13.84, Glycemic Load:16.59, Inflammation Score:-3, Nutrition Score:5.4669565428858%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 182.66kcal (9.13%), Fat: 5.36g (8.25%), Saturated Fat: 3g (18.78%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 26.94g (9.8%), Sugar: 2.74g (3.04%), Cholesterol: 26.25mg (8.75%), Sodium: 241.64mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Selenium: 13.89µg (19.85%), Vitamin B1: 0.19mg (12.51%), Manganese: 0.25mg (12.46%), Folate: 39.86µg (9.97%), Vitamin B2: 0.13mg (7.44%), Phosphorus: 69.14mg (6.91%), Vitamin B3: 1.15mg (5.73%), Fiber: 1.18g (4.73%), Vitamin K: 4.91µg (4.68%), Vitamin B5: 0.42mg (4.19%), Iron: 0.71mg (3.93%), Vitamin A: 191.67IU (3.83%), Calcium: 35.43mg (3.54%), Vitamin C: 2.91mg (3.53%), Magnesium: 13.27mg (3.32%), Copper: 0.07mg (3.29%), Potassium: 113.7mg (3.25%), Vitamin B6: 0.06mg (3.21%), Zinc: 0.46mg (3.09%), Vitamin B12: 0.15µg (2.51%), Vitamin D: 0.3µg (1.98%), Vitamin E: 0.27mg (1.79%)