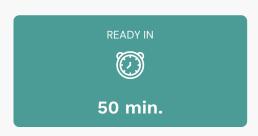


Green Onion Potato Rolls

Vegetarian







BREAD

Ingredients

Ш	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	
H		
ш	3 tablespoons sugar	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	oven	
	wire rack	
	baking pan	
Di	rections	
	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%	
	FROTEIN 11.03/0 FAT 20.34/0 CARDS 01.03/0	

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: Og (100%), Alcohol %: O% (100%), Protein: 5.29g (10.58%), Selenium: 13.89µg (19.85%), Vitamin B1: O.19mg (12.51%), Manganese: O.25mg (12.46%), Folate: 39.86µg (9.97%), Vitamin B2: O.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: O.42mg (4.19%), Iron: O.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: O.07mg (3.29%), Potassium: 113.7mg (3.25%), Vitamin B6: O.06mg (3.21%), Zinc: O.46mg (3.09%), Vitamin B12: O.15µg (2.51%), Vitamin D: O.3µg (1.98%), Vitamin E: O.27mg (1.79%)