



Harvest Squash Rolls

 Vegetarian

READY IN



40 min.

SERVINGS



24

CALORIES



135 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 2 tablespoons butter
- 1 cup butternut squash cooked mashed
- 4.5 cups flour all-purpose
- 1 cup milk
- 1 teaspoon salt
- 1 cup sugar
- 0.5 cup water

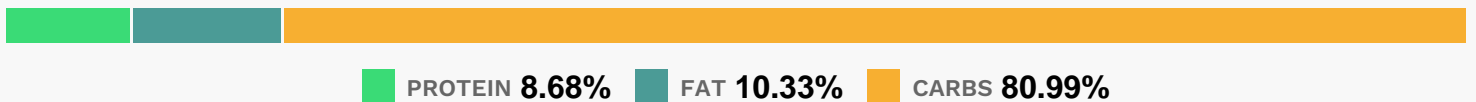
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- In a large bowl, combine 3 cups flour, sugar, yeast and salt. In a small saucepan, heat the squash, milk, water and butter to 120°-130°.
- Add to dry ingredients; beat just until moistened. Stir in enough remaining flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down. Turn onto a lightly floured surface; divide into 24 pieces. Shape each into a ball.
- Place 2 in. apart on greased baking sheets. Cover and let rise in a warm place until doubled, about 45 minutes.
- Bake at 400° for 15-18 minutes or until golden.
- Remove from pans to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:9.71, Glycemic Load:18.94, Inflammation Score:-5, Nutrition Score:4.7526087573041%

Nutrients (% of daily need)

Calories: 135.45kcal (6.77%), Fat: 1.56g (2.39%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 26.64g (9.69%), Sugar: 9g (10%), Cholesterol: 3.73mg (1.24%), Sodium: 109.44mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Vitamin B1: 0.23mg (15.2%), Vitamin A: 665.71IU (13.31%),

Folate: 51.41µg (12.85%), Selenium: 8.25µg (11.79%), Manganese: 0.17mg (8.68%), Vitamin B2: 0.14mg (8.52%),
Vitamin B3: 1.58mg (7.92%), Iron: 1.14mg (6.33%), Phosphorus: 39.67mg (3.97%), Fiber: 0.83g (3.32%), Magnesium:
8.59mg (2.15%), Vitamin B5: 0.21mg (2.05%), Copper: 0.04mg (2.04%), Calcium: 19.48mg (1.95%), Potassium:
64.15mg (1.83%), Zinc: 0.24mg (1.6%), Vitamin B6: 0.03mg (1.5%), Vitamin C: 1.23mg (1.49%)