



## Hearty Wheat Yeast Rolls

 Vegetarian

READY IN



150 min.

SERVINGS



12

CALORIES



152 kcal

BREAD

### Ingredients

- 0.5 ounce yeast dry
- 2 tablespoons butter melted
- 1.5 cups flour all-purpose
- 1 cup milk
- 1 teaspoon salt
- 0.3 cup water (110 degrees F/45 degrees C)
- 3 tablespoons granulated sugar white
- 1.5 cups flour whole wheat

## Equipment

- bowl
- baking sheet
- sauce pan
- oven

## Directions

- In a small bowl, dissolve yeast in warm water.
- Let stand until creamy, about 10 minutes.
- Warm the milk in a small saucepan until it bubbles, then remove from heat.
- Mix in the butter, sugar and salt; stir until melted.
- Let cool until lukewarm.
- In a large bowl, combine the yeast mixture, milk mixture, whole wheat flour and all-purpose flour; stir well to combine. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 45 minutes.
- Deflate the dough and turn out onto a lightly floured surface. Divide the dough into twelve equal pieces and form into football shaped oval.
- Place the rolls onto lightly greased baking sheets.
- Brush rolls with melted butter, cover with a damp cloth and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 375 degrees F (190 degrees C).
- Bake rolls in preheated oven until golden brown, about 15 minutes.
- Serve warm.

## Nutrition Facts

 **PROTEIN 12.19%**  **FAT 18.27%**  **CARBS 69.54%**

## Properties

Glycemic Index:19.42, Glycemic Load:11.08, Inflammation Score:-3, Nutrition Score:7.9186955638554%

## Nutrients (% of daily need)

Calories: 152.19kcal (7.61%), Fat: 3.17g (4.88%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 24.8g (9.02%), Sugar: 4.08g (4.53%), Cholesterol: 7.46mg (2.49%), Sodium: 218.01mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Manganese: 0.72mg (36.09%), Vitamin B1: 0.34mg (22.63%), Selenium: 15.09µg (21.55%), Folate: 62.9µg (15.73%), Vitamin B3: 2.16mg (10.82%), Vitamin B2: 0.18mg (10.51%), Phosphorus: 99.05mg (9.9%), Fiber: 2.34g (9.38%), Iron: 1.29mg (7.19%), Magnesium: 27.17mg (6.79%), Vitamin B6: 0.1mg (4.91%), Copper: 0.09mg (4.53%), Zinc: 0.68mg (4.53%), Vitamin B5: 0.4mg (3.97%), Calcium: 33.67mg (3.37%), Potassium: 113.61mg (3.25%), Vitamin B12: 0.11µg (1.91%), Vitamin A: 92.6IU (1.85%), Vitamin D: 0.22µg (1.49%), Vitamin E: 0.18mg (1.2%)