



Honey Brown Rolls or Loaves

 Vegetarian

READY IN



175 min.

SERVINGS



12

CALORIES



200 kcal

BREAD

Ingredients

- 2 cups bread flour
- 2.3 teaspoons bread machine yeast
- 2 tablespoons butter softened
- 0.5 cup honey
- 2 teaspoons coffee granules instant
- 1 teaspoon salt
- 1 tablespoon cocoa powder unsweetened
- 1.5 cups warm water (75 to 85 degrees F, 25 to 30 degrees C)

- 1 tablespoon sugar white
- 1.7 cups flour whole wheat

Equipment

- frying pan
- baking sheet
- baking paper
- oven
- loaf pan
- bread machine

Directions

- Place the water, sugar, butter, honey, bread flour, whole wheat flour, vital wheat gluten, cocoa powder, instant coffee granules, salt, and yeast into the pan of a bread machine in the order recommended by the manufacturer. Set the machine for the dough setting, start, and allow machine to complete cycle.
- Remove the bread pan with dough from the machine, and set pan into warm water (about 90 degrees F, 32 degrees C). Cover the top of the pan with a towel, and allow the bread to rise in the pan until doubled, about 1 hour.
- Turn the dough out onto a floured work surface, punch down, and divide into 12 equal pieces for rolls, or 3 pieces for small loaves. Form the dough into balls. Line a baking sheet with parchment paper, and place rolls on the prepared baking sheet.
- Sprinkle with sesame seeds.
- Place the baking sheet into a warm place, and allow to rise until bread is doubled, about 30 minutes.
- Preheat oven to 350 degrees F (175 degrees C).
- Spray the inside of the preheated oven with water, and immediately place rolls in oven.
- Bake until rolls are light golden brown, 15 to 20 minutes. For loaves, bake until browned and they sound hollow when tapped, 20 to 25 minutes.

Nutrition Facts



■ PROTEIN **10.07%** ■ FAT **12.06%** ■ CARBS **77.87%**

Properties

Glycemic Index:19.95, Glycemic Load:16.56, Inflammation Score:-2, Nutrition Score:7.2404347781254%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 199.94kcal (10%), Fat: 2.79g (4.29%), Saturated Fat: 1.37g (8.53%), Carbohydrates: 40.49g (13.5%), Net Carbohydrates: 37.78g (13.74%), Sugar: 12.74g (14.15%), Cholesterol: 5.02mg (1.67%), Sodium: 212.22mg (9.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.19mg (2.06%), Protein: 5.24g (10.47%), Manganese: 0.88mg (43.82%), Selenium: 18.87µg (26.95%), Vitamin B1: 0.2mg (13.5%), Fiber: 2.71g (10.86%), Folate: 36.32µg (9.08%), Phosphorus: 90.28mg (9.03%), Magnesium: 31.79mg (7.95%), Vitamin B3: 1.48mg (7.4%), Copper: 0.14mg (6.82%), Iron: 0.93mg (5.19%), Zinc: 0.75mg (5%), Vitamin B2: 0.08mg (4.97%), Vitamin B6: 0.09mg (4.67%), Vitamin B5: 0.33mg (3.3%), Potassium: 110.36mg (3.15%), Vitamin E: 0.26mg (1.71%), Calcium: 12.26mg (1.23%), Vitamin A: 60.23IU (1.2%)