



Honey Buttermilk Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



93 kcal

Ingredients

- ☐ 3.8 cups bread flour divided
- ☐ 2 tablespoons butter melted
- ☐ 0.8 cup buttermilk
- ☐ 1 package yeast dry
- ☐ 3 tablespoons honey
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup warm water (100° to 110°)

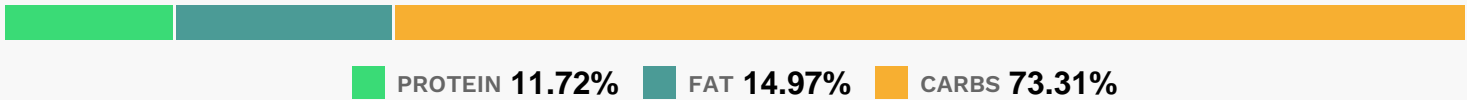
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Dissolve sugar and yeast in warm water in a large bowl; let stand for 5 minutes or until foamy. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 5 ounces (2 cups) flour, buttermilk, honey, butter, and salt to yeast mixture; beat with a mixer at medium speed until smooth. Stir in 9 ounces (about 1 1/4 cups) flour to form a soft dough. Turn out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- ☐ Place dough in a bowl coated with cooking spray; turn to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest for 5 minutes. Divide into 24 pieces. Shape into balls.
- ☐ Place balls 2 inches apart on parchment-lined baking sheets. Cover; let rise for 20 minutes or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Uncover dough; make a (1/4-inch-deep) cut in the top of each ball using a sharp knife.
- ☐ Bake at 350 for 18 minutes or until golden, rotating baking sheets after 9 minutes.
- ☐ Remove rolls from baking sheets; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:11.27, Glycemic Load:10.54, Inflammation Score:-1, Nutrition Score:2.1191304450774%

Nutrients (% of daily need)

Calories: 93.09kcal (4.65%), Fat: 1.54g (2.37%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 16.98g (5.66%), Net Carbohydrates: 16.43g (5.97%), Sugar: 2.75g (3.05%), Cholesterol: 3.33mg (1.11%), Sodium: 113.16mg (4.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.43%), Selenium: 8.09µg (11.55%), Manganese: 0.16mg (7.91%), Folate: 13.73µg (3.43%), Vitamin B1: 0.05mg (3.42%), Phosphorus: 27.56mg (2.76%), Vitamin B2: 0.04mg (2.22%), Fiber: 0.55g (2.21%), Copper: 0.04mg (2.03%), Vitamin B3: 0.32mg (1.61%), Vitamin B5: 0.16mg (1.56%), Zinc: 0.23mg (1.5%), Magnesium: 5.92mg (1.48%), Calcium: 12.29mg (1.23%), Iron: 0.2mg (1.09%)