



## Honey-Wheat Yeast Rolls

 Dairy Free

READY IN



600 min.

SERVINGS



12

CALORIES



245 kcal

### Ingredients

- ☐ 1.5 cups flour whole wheat
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 package yeast dry
- ☐ 1.3 cups water
- ☐ 0.5 cup honey
- ☐ 0.5 cup butter
- ☐ 1 eggs

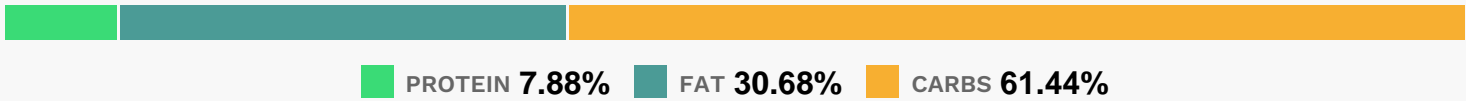
### Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners

## Directions

- ☐ In large bowl, mix whole wheat flour, 1 cup of the all-purpose flour, the salt and yeast. In 1-quart saucepan, heat water and 6 tablespoons each of the honey and butter until very warm (120°F to 130°F). Beat warm liquid and egg into flour mixture with electric mixer on low speed until moistened, scraping bowl frequently. Beat on medium speed 3 minutes, scraping bowl frequently. Beat in remaining 1 to 1 1/2 cups all-purpose flour until soft, smooth dough forms (dough will be sticky). Cover; refrigerate 8 hours or overnight.
- ☐ Lightly grease 12 regular-size muffin cups with butter.
- ☐ Place dough on floured work surface; gently push fist into dough to deflate. Divide dough into 12 equal pieces; divide each into 3 portions. Shape each portion into a ball, pulling edges under to make a smooth top.
- ☐ Place 3 balls, smooth side up, in each muffin cup. Cover; let rise in warm (80°F to 85°F) place 45 minutes to 1 hour or until doubled in size.
- ☐ Heat oven to 375°F. Uncover dough; bake 18 minutes or until golden brown. Immediately remove from pans to cooling racks. Cool 15 minutes.
- ☐ Meanwhile, in 1-quart saucepan, heat remaining 2 tablespoons each honey and butter until melted.
- ☐ Brush over warm rolls.

## Nutrition Facts



## Properties

Glycemic Index:10.61, Glycemic Load:17.57, Inflammation Score:-5, Nutrition Score:8.1921739118255%

## Nutrients (% of daily need)

Calories: 244.92kcal (12.25%), Fat: 8.59g (13.21%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 36.33g (13.21%), Sugar: 11.73g (13.03%), Cholesterol: 13.64mg (4.55%), Sodium: 291mg (12.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Manganese: 0.77mg (38.34%), Selenium: 17.62µg (25.17%), Vitamin B1: 0.31mg (20.36%), Folate: 60.48µg (15.12%), Vitamin B3: 2.23mg (11.15%), Vitamin B2: 0.18mg (10.39%), Fiber: 2.35g (9.41%), Iron: 1.64mg (9.14%), Phosphorus: 89.77mg (8.98%), Vitamin A: 359.47IU (7.19%), Magnesium: 26.71mg (6.68%), Copper: 0.11mg (5.29%), Vitamin B6: 0.09mg (4.47%), Zinc: 0.66mg (4.42%), Vitamin B5: 0.33mg (3.34%), Vitamin E: 0.45mg (3%), Potassium: 98.73mg (2.82%), Calcium: 15mg (1.5%)