



Honey-Wheat Yeast Rolls



Dairy Free



Popular

READY IN



600 min.

SERVINGS



12

CALORIES



245 kcal

Ingredients

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

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 (120F to 130F). 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 (80F to 85F) place 45 minutes to 1 hour or until doubled in size.
- ☐ Heat oven to 375F. 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%)