



Honey Yeast Rolls

 Vegetarian

READY IN



35 min.

SERVINGS



30

CALORIES



188 kcal

BREAD

Ingredients

- ☐ 0.3 oz active yeast dry
- ☐ 0.5 cup butter cooled melted
- ☐ 0.5 cup butter softened
- ☐ 2 large eggs at room temperature
- ☐ 6.5 cups flour all-purpose divided
- ☐ 0.3 cup honey
- ☐ 0.3 cup honey
- ☐ 1 teaspoon honey

- ☐ 1.8 cups milk
- ☐ 3 teaspoons salt
- ☐ 0.3 cup warm water (100° to 110°)

Equipment

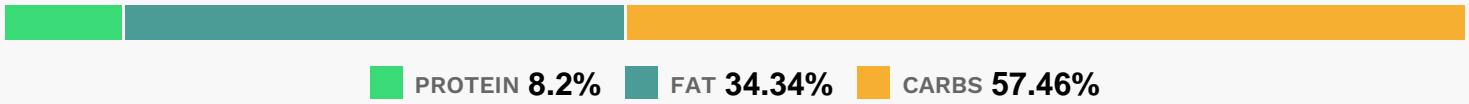
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ stand mixer

Directions

- ☐ Combine first 3 ingredients in a small bowl, and let stand 5 minutes or until mixture bubbles.
- ☐ Meanwhile, heat milk in a saucepan over medium heat 3 to 5 minutes or until 100 to 110°.
- ☐ Stir together warm milk, eggs, and next 3 ingredients in bowl of a heavy-duty electric stand mixer, blending well.
- ☐ Add yeast mixture, stirring to combine. Gradually add 5 cups flour, beating at medium speed, using paddle attachment. Beat 3 minutes. Cover with plastic wrap, and let stand 1 hour.
- ☐ Uncover dough, and add remaining 1 1/2 cups flour, beating at medium speed 5 minutes. (Dough will be sticky.)
- ☐ Transfer to a lightly greased large mixing bowl. Cover with plastic wrap, and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in bulk.
- ☐ Punch down dough. Turn dough out on a well-floured surface, and roll into 28 (2 1/2-inch) balls (about 1/4 cup dough per ball).
- ☐ Place balls in 4 lightly greased 9-inch pans (7 balls per pan). Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in bulk.
- ☐ Stir together 1/2 cup softened butter and 1/4 cup honey.
- ☐ Bake rolls at 400° for 10 to 12 minutes or until golden brown.

- ☐ Brush tops with honey butter.
- ☐ Serve with remaining honey butter.
- ☐ Note: To freeze, place baked rolls in zip-top plastic freezer bags, and freeze up to two months.
- ☐ Let thaw at room temperature. Reheat, if desired.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:18.14, Inflammation Score:-3, Nutrition Score:5.0752173522892%

Nutrients (% of daily need)

Calories: 187.66kcal (9.38%), Fat: 7.19g (11.07%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 27.08g (9.03%), Net Carbohydrates: 26.27g (9.55%), Sugar: 6.38g (7.09%), Cholesterol: 30.38mg (10.13%), Sodium: 292.38mg (12.71%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.86g (7.73%), Vitamin B1: 0.25mg (16.55%), Selenium: 10.62µg (15.18%), Folate: 57.02µg (14.26%), Vitamin B2: 0.18mg (10.78%), Manganese: 0.19mg (9.65%), Vitamin B3: 1.72mg (8.61%), Iron: 1.35mg (7.51%), Phosphorus: 53.82mg (5.38%), Vitamin A: 230.15IU (4.6%), Fiber: 0.81g (3.23%), Vitamin B5: 0.27mg (2.68%), Calcium: 25.94mg (2.59%), Copper: 0.05mg (2.28%), Zinc: 0.33mg (2.22%), Magnesium: 8.51mg (2.13%), Vitamin B12: 0.12µg (1.99%), Potassium: 62.6mg (1.79%), Vitamin B6: 0.03mg (1.58%), Vitamin E: 0.23mg (1.56%), Vitamin D: 0.22µg (1.49%)