

Italian Wheat Rolls



Vegetarian



Dairy Free

READY IN



80 min.

SERVINGS



24

CALORIES



132 kcal

BREAD

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 4 cups bread flour
- ☐ 2 eggs
- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon salt
- ☐ 0.3 cup warm water 110 degrees F/45 degrees C
- ☐ 2 cups water boiling
- ☐ 0.3 cup sugar white

☐ 2 cups flour whole wheat

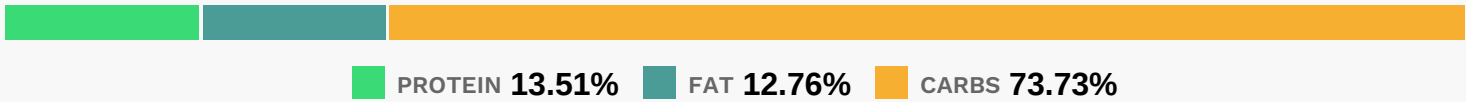
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a small bowl, combine olive oil, white sugar and salt.
- ☐ Add boiling water and stir to dissolve sugar; let cool to lukewarm.
- ☐ In a small bowl, dissolve yeast in warm water.
- ☐ Let stand until creamy, about 10 minutes.
- ☐ When sugar and water mixture has cooled, add yeast mixture, eggs, whole wheat flour and 2 cups bread flour. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.
- ☐ Divide the dough into twenty four equal size pieces and form into rounds.
- ☐ Place the rounds on lightly greased baking sheets. Cover the rolls with a damp cloth and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake in preheated oven until golden brown, about 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:5.71, Glycemic Load:11.24, Inflammation Score:-1, Nutrition Score:5.1713043697502%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 132.35kcal (6.62%), Fat: 1.9g (2.92%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 22.92g (8.34%), Sugar: 2.2g (2.44%), Cholesterol: 13.64mg (4.55%), Sodium: 298mg (12.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.03%), Manganese: 0.58mg (28.77%), Selenium: 15.64µg (22.34%), Vitamin B1: 0.13mg (8.89%), Fiber: 1.73g (6.92%), Folate: 26.82µg (6.7%), Phosphorus: 66.93mg (6.69%), Magnesium: 19.9mg (4.98%), Vitamin B3: 0.94mg (4.72%), Copper: 0.09mg (4.41%), Vitamin B2: 0.07mg (4.1%), Zinc: 0.53mg (3.56%), Iron: 0.63mg (3.52%), Vitamin B6: 0.06mg (3.18%), Vitamin B5: 0.29mg (2.87%), Vitamin E: 0.32mg (2.15%), Potassium: 67.94mg (1.94%)