



Kate's Sweet Potato Refrigerator Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



54

CALORIES



103 kcal

BREAD

Ingredients

- 0.5 ounce yeast dry
- 0.8 cup butter melted
- 2 large eggs
- 7 cups flour all-purpose
- 1 cup milk
- 2.5 teaspoons salt divided
- 0.8 cup sugar
- 2 cups sweet potatoes and into cooked mashed (2 small sweet potatoes or 1 large)

0.5 cup water (100° to 110°)

0.5 cup water cold

Equipment

bowl

frying pan

sauce pan

oven

hand mixer

wooden spoon

Directions

Heat 3/4 cup butter and milk in a large saucepan over medium-high heat to just below the boiling point.

Add 3/4 cup sugar and 2 teaspoons salt, and stir until sugar dissolves.

Remove from heat, and set aside to cool.

Combine yeast, 1 teaspoon sugar, and 1/2 cup warm water; let stand 5 minutes or until mixture becomes frothy.

Beat eggs, potatoes, and remaining 1/2 teaspoon salt at medium speed with an electric mixer until smooth and well blended; beat in 1/2 cup cold water.

Stir together the cooled milk mixture, egg mixture, and yeast mixture in a large bowl. Gradually add 3 cups flour, and continue beating at medium speed with an electric mixer. (You may have to beat in the rest of the flour with a wooden spoon.) Stir in 3 1/2 to 4 more cups flour or enough to form a soft dough, scraping down sides of bowl several times. (Dough will be very sticky.)

Place dough in lightly oiled bowl; cover and refrigerate for 8 hours.

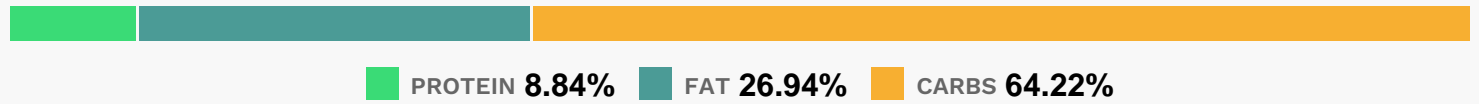
Preheat oven to 40

Lightly grease a 15- x 10- x 1-inch jellyroll pan.

Remove dough from refrigerator, and punch down. Divide dough in half, and roll out each portion to 3/8- to 1/2-inch thickness; cut with a 2 1/2-inch biscuit cutter, and place on the prepared pan, with rolls just barely touching.

- Brush rolls with 3 tablespoons melted butter; fold each roll in half, pressing gently in the center to seal. Cover loosely, and let rise in a warm place (85), free from drafts, 30 to 40 minutes or until doubled in size.
- Bake at 400 for 12 to 14 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:5.39, Glycemic Load:11.46, Inflammation Score:-5, Nutrition Score:3.7560869591392%

Nutrients (% of daily need)

Calories: 102.73kcal (5.14%), Fat: 3.07g (4.72%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 16.46g (5.49%), Net Carbohydrates: 15.8g (5.75%), Sugar: 3.25g (3.61%), Cholesterol: 14.21mg (4.74%), Sodium: 135.69mg (5.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Vitamin A: 794.95IU (15.9%), Vitamin B1: 0.16mg (10.89%), Folate: 37.3µg (9.33%), Selenium: 6.25µg (8.92%), Vitamin B2: 0.11mg (6.46%), Manganese: 0.13mg (6.26%), Vitamin B3: 1.1mg (5.49%), Iron: 0.82mg (4.57%), Phosphorus: 30.47mg (3.05%), Fiber: 0.66g (2.62%), Vitamin B5: 0.19mg (1.95%), Copper: 0.03mg (1.71%), Magnesium: 5.81mg (1.45%), Vitamin B6: 0.03mg (1.37%), Potassium: 46.61mg (1.33%), Zinc: 0.2mg (1.3%), Calcium: 11.56mg (1.16%)