



Lemon-scented Challah Buns



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



221 kcal

BREAD

Ingredients

- ☐ 8 servings dill seeds
- ☐ 3 large eggs divided
- ☐ 2.5 cups flour all-purpose divided
- ☐ 2 tablespoons honey
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon salt
- ☐ 0.5 cup warm water (100° to 110°)

- ☐ 1 teaspoon water
- ☐ 1.5 teaspoons yeast

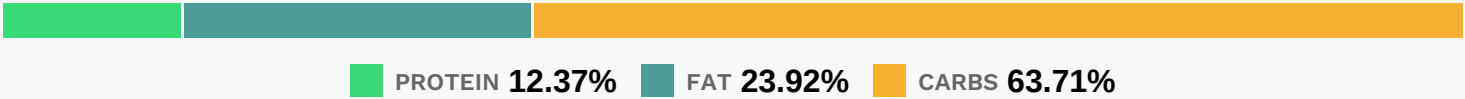
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Dissolve yeast in 1/2 cup warm water in a large bowl; stir in honey.
- ☐ Let stand 5 minutes.
- ☐ Add olive oil and 2 eggs; stir well with a whisk.
- ☐ Add 2 cups flour, salt, and lemon rind to yeast mixture, and stir until a soft dough forms.
- ☐ Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of the remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a large, lightly greased bowl, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Punch dough down. Shape dough into 8 equal balls.
- ☐ Place on a floured surface, and cover lightly with a damp towel or plastic wrap.
- ☐ Let rest 15 minutes.
- ☐ Flatten each piece to 1/2 inch thick, and place on a parchment-lined baking sheet.
- ☐ Combine remaining 1 egg and 1 teaspoon water; brush tops of dough with egg wash, and sprinkle with dill seeds.
- ☐ Let rise 30 minutes.
- ☐ Bake at 350 for 15 to 20 minutes or until golden brown. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:15.91, Glycemic Load:23.82, Inflammation Score:-4, Nutrition Score:8.3139130421307%

Nutrients (% of daily need)

Calories: 220.96kcal (11.05%), Fat: 5.86g (9.01%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 35.1g (11.7%), Net Carbohydrates: 33.64g (12.23%), Sugar: 4.5g (5%), Cholesterol: 69.75mg (23.25%), Sodium: 319.65mg (13.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.63%), Selenium: 19.21µg (27.44%), Vitamin B1: 0.38mg (25.51%), Folate: 94.18µg (23.55%), Vitamin B2: 0.31mg (18.06%), Manganese: 0.3mg (14.84%), Iron: 2.36mg (13.13%), Vitamin B3: 2.59mg (12.95%), Phosphorus: 86.04mg (8.6%), Fiber: 1.46g (5.84%), Vitamin B5: 0.54mg (5.42%), Vitamin E: 0.72mg (4.83%), Copper: 0.08mg (4.25%), Zinc: 0.63mg (4.19%), Magnesium: 14.02mg (3.51%), Calcium: 33.02mg (3.3%), Vitamin B6: 0.06mg (3.1%), Vitamin B12: 0.17µg (2.79%), Potassium: 88.33mg (2.52%), Vitamin D: 0.38µg (2.5%), Vitamin K: 2.28µg (2.17%), Vitamin A: 101.9IU (2.04%)