

Light Wheat Rolls

 Vegetarian

READY IN



185 min.

SERVINGS



24

CALORIES



123 kcal

BREAD

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 0.3 cup butter melted
- ☐ 1 eggs beaten
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1.8 cups warm water 110 degrees F/45 degrees C
- ☐ 0.5 cup sugar white
- ☐ 2.3 cups flour whole wheat

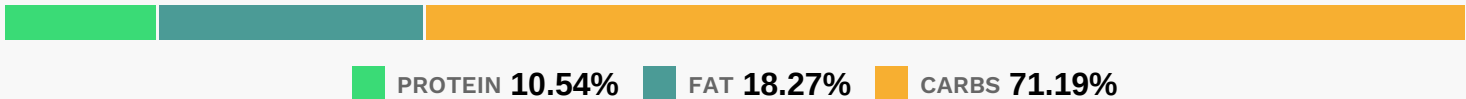
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ In a large bowl, dissolve yeast in warm water.
- ☐ Let stand until creamy, about 10 minutes.
- ☐ Mix sugar, salt, 1/4 cup melted butter, egg, and whole wheat flour into yeast mixture. Stir in all-purpose flour, 1/2 cup at a time, until dough pulls away from the sides of the bowl. Turn dough out onto a well floured surface, and knead until smooth and elastic, about 8 minutes. Lightly oil a large bowl, place dough in bowl, and turn to coat. Cover with a damp cloth, and let rise in a warm place until doubled in volume, about 1 hour.
- ☐ Punch down dough, cover, and let rise in warm place until doubled again, about 30 minutes.
- ☐ Grease 2 dozen muffin cups. Punch down dough, and divide into two equal portions.
- ☐ Roll each into a 6x14 inch rectangle, and cut rectangle into twelve 7x1 inch strips.
- ☐ Roll strips up into spirals, and place into muffin cups.
- ☐ Brush tops with melted butter.
- ☐ Let rise uncovered in a warm place 40 minutes, or until doubled in bulk.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Bake for 12 to 15 minutes, or until golden brown.
- ☐ Remove from oven, and brush again with melted butter.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:10.1, Inflammation Score:-2, Nutrition Score:5.5295651963224%

Nutrients (% of daily need)

Calories: 123.18kcal (6.16%), Fat: 2.56g (3.94%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 20.73g (7.54%), Sugar: 4.25g (4.72%), Cholesterol: 11.9mg (3.97%), Sodium: 116.39mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Manganese: 0.55mg (27.46%), Selenium: 12.02µg (17.18%), Vitamin B1: 0.22mg (14.97%), Folate: 43.53µg (10.88%), Vitamin B3: 1.57mg (7.83%), Fiber: 1.71g (6.86%), Vitamin B2: 0.12mg (6.85%), Phosphorus: 62.18mg (6.22%), Iron: 1.06mg (5.87%), Magnesium: 19.04mg (4.76%), Copper: 0.07mg (3.59%), Vitamin B6: 0.06mg (3.18%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.24mg (2.35%), Potassium: 63.61mg (1.82%), Vitamin A: 70IU (1.4%), Vitamin E: 0.16mg (1.08%)