

Molasses Yeast Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



187 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 0.3 cup butter softened
- 1 eggs beaten
- 4.5 cups flour all-purpose
- 0.5 teaspoon honey
- 1.5 cups milk (110° to 115°)
- 0.5 cup blackstrap molasses
- 1.5 teaspoon salt

- 0.8 cup water (110° to 115°)
- 3 cups flour whole wheat

Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, dissolve yeast in water.
- Add honey; let stand for 5 minutes.
- Add the milk, molasses, butter, egg, salt and whole wheat flour. Beat until smooth. Stir in enough all-purpose flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down. Turn onto a lightly floured surface; divide into 24 pieces. Shape each into a 10-in. rope. Shape each rope into a "S"; coil ends until they touch the center.
- Place 2 in. apart on greased baking sheets. Cover and let rise until doubled, about 35 minutes.
- Bake at 375° for 12–15 minutes or until golden brown.
- Remove from pans to wire racks.

Nutrition Facts



PROTEIN 11.13% **FAT 15.26%** **CARBS 73.61%**

Properties

Glycemic Index:10.8, Glycemic Load:15.58, Inflammation Score:-4, Nutrition Score:9.1143479217654%

Nutrients (% of daily need)

Calories: 186.8kcal (9.34%), Fat: 3.21g (4.94%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 34.89g (11.63%), Net Carbohydrates: 32.58g (11.85%), Sugar: 6.23g (6.92%), Cholesterol: 13.73mg (4.58%), Sodium: 172.84mg (7.51%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.55%), Manganese: 0.88mg (43.99%), Selenium: 19.37µg (27.67%), Vitamin B1: 0.3mg (20.27%), Folate: 57.34µg (14.33%), Vitamin B3: 2.33mg (11.65%), Magnesium: 45.03mg (11.26%), Iron: 2mg (11.11%), Vitamin B2: 0.18mg (10.75%), Phosphorus: 102.53mg (10.25%), Fiber: 2.32g (9.27%), Vitamin B6: 0.14mg (6.77%), Copper: 0.13mg (6.68%), Potassium: 210.93mg (6.03%), Zinc: 0.69mg (4.58%), Calcium: 43.77mg (4.38%), Vitamin B5: 0.38mg (3.77%), Vitamin A: 95.05IU (1.9%), Vitamin B12: 0.1µg (1.71%), Vitamin D: 0.2µg (1.36%), Vitamin E: 0.2mg (1.35%)