



## Monday Morning Potato Rolls and Bread

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



161 kcal

### Ingredients

- 8 ounces baking potatoes cooked peeled mashed
- 4.5 cups bread flour divided
- 2 tablespoons butter
- 2.5 teaspoons yeast dry
- 2 large eggs
- 1 cup skim milk fat-free
- 3 tablespoons honey
- 1 teaspoon olive oil
- 1.5 teaspoons sea salt

## Equipment

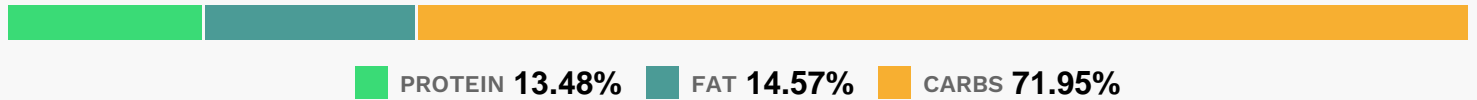
- bowl
- oven
- knife
- whisk
- mixing bowl
- loaf pan
- baking pan
- microwave
- measuring cup

## Directions

- Combine first 4 ingredients in a microwave-safe bowl. Microwave at HIGH for 2 minutes or until mixture is 11
- Stir with a whisk until smooth.
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine 75 ounces (about 1 1/2 cups) flour, yeast, and salt in a large mixing bowl.
- Add potato mixture to flour mixture, stirring with a fork until combined.
- Add eggs; stir until combined.
- Add 9 ounces (about 2 cups) flour to potato mixture; stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining 1/2 cup flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- Place dough in a large bowl coated with olive oil, 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, dough has risen enough.) Punch dough down; cover and let rest 5 minutes.
- Divide dough in half. Working with one portion at a time (cover remaining dough to prevent drying), roll one portion into a 14 x 7 inch rectangle on a floured surface.

- Roll up rectangle tightly, starting with a short edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- Place loaf, seam side down, in an 8 x 4inch loaf pan coated with cooking spray.
- Shape remaining portion into 9 portions, and shape each into a ball.
- Place balls in an 8–inch square baking dish coated with cooking spray. Coat top of loaf and rolls with cooking spray. Cover and let rise in a warm place (85), free from drafts, 30 minutes or until doubled in size. (Gently press two fingers into dough. If the indentation remains, dough has risen enough.)
- Preheat oven to 35
- Bake at 350 for 30 minutes or until tops of rolls are browned and loaf sounds hollow when tapped on the bottom.
- Remove from pans; cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:15.96, Glycemic Load:18.2, Inflammation Score:-2, Nutrition Score:4.4399999768838%

## Nutrients (% of daily need)

Calories: 160.5kcal (8.03%), Fat: 2.58g (3.98%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 28.71g (9.57%), Net Carbohydrates: 27.67g (10.06%), Sugar: 3.76g (4.17%), Cholesterol: 24.42mg (8.14%), Sodium: 218.88mg (9.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.76%), Selenium: 14.51µg (20.73%), Manganese: 0.27mg (13.69%), Phosphorus: 66.07mg (6.61%), Folate: 25.19µg (6.3%), Vitamin B1: 0.09mg (6.19%), Vitamin B2: 0.09mg (5.02%), Fiber: 1.04g (4.15%), Vitamin B6: 0.08mg (3.99%), Copper: 0.08mg (3.87%), Vitamin B5: 0.37mg (3.71%), Potassium: 120.55mg (3.44%), Magnesium: 13.35mg (3.34%), Vitamin B3: 0.64mg (3.21%), Zinc: 0.48mg (3.19%), Iron: 0.51mg (2.86%), Calcium: 28.24mg (2.82%), Vitamin B12: 0.13µg (2.19%), Vitamin A: 97.39IU (1.95%), Vitamin D: 0.26µg (1.74%), Vitamin E: 0.25mg (1.68%)