

## Multigrain Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



119 kcal

BREAD

### Ingredients

- ☐ 0.3 cup brown sugar divided packed
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup cornmeal
- ☐ 2.3 teaspoons yeast dry
- ☐ 9 ounces flour all-purpose divided
- ☐ 0.3 cup golden raisins
- ☐ 1 tablespoon blackstrap molasses
- ☐ 1 ounce rye flour

- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup warm water (100° to 110°)
- ☐ 0.8 cup water boiling
- ☐ 0.3 cup wheat bran cereal (such as All-Bran)
- ☐ 1 ounce flour whole wheat

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

## Directions

- ☐ Combine first 3 ingredients in a bowl. Stir in 3/4 cup boiling water.
- ☐ Let stand for 15 minutes.
- ☐ Dissolve 1 tablespoon sugar, molasses, and yeast in 1/4 cup warm water in a large bowl; let stand 5 minutes. Stir in cornmeal mixture, remaining 3 tablespoons sugar, butter, and salt.
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Add 1 3/4 cups all-purpose flour, whole wheat flour, and rye flour to the yeast mixture; 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 all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 1/2 hours 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 into 16 equal portions. Working with one portion at a time (cover remaining dough to prevent drying), roll dough into a ball.
- ☐ Place rolls 1 inch apart on a baking sheet coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size.
- ☐ Preheat oven to 40

Bake rolls at 400 for 15 minutes or until golden brown. Cool on wire racks.

# Nutrition Facts



## Properties

Glycemic Index:21.01, Glycemic Load:11.35, Inflammation Score:-3, Nutrition Score:4.7186956776549%

## Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 119.25kcal (5.96%), Fat: 1.88g (2.89%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 21.81g (7.93%), Sugar: 5.72g (6.36%), Cholesterol: 3.76mg (1.25%), Sodium: 123.43mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Manganese: 0.37mg (18.68%), Vitamin B1: 0.2mg (13.35%), Selenium: 7.94µg (11.34%), Folate: 42.52µg (10.63%), Vitamin B3: 1.46mg (7.31%), Vitamin B2: 0.11mg (6.69%), Fiber: 1.66g (6.64%), Iron: 1.15mg (6.41%), Magnesium: 19.8mg (4.95%), Phosphorus: 48.61mg (4.86%), Copper: 0.07mg (3.57%), Vitamin B6: 0.07mg (3.46%), Potassium: 93.16mg (2.66%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.2mg (2.03%), Calcium: 11.91mg (1.19%)