

No-Knead Whole Wheat Rolls

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



139 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 2 tablespoons butter softened
- 2 cups flour all-purpose
- 1 tablespoon honey
- 1 teaspoon seasoning italian
- 1 tablespoon blackstrap molasses
- 1 teaspoon salt
- 1.3 cups water (110° to 115°)

1 cup flour whole wheat

Equipment

bowl

frying pan

oven

wire rack

muffin liners

Directions

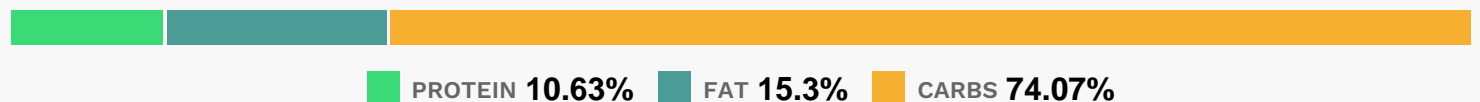
In a large bowl, dissolve yeast in warm water.

Add remaining ingredients. Beat on medium speed 3 minutes (dough will be sticky). Do not knead. Cover and let rise in a warm place until doubled, about 30 minutes.

Preheat oven to 375°. Stir dough down. Set aside 1/4 cup batter. Fill muffin cups coated with nonstick cooking spray half full. Top each with 1 teaspoon reserved batter. Cover and let rise until doubled, about 8–12 minutes.

Bake 10–15 minutes or until golden brown. Cool 1 minute before removing from pan to a wire rack.

Nutrition Facts



Properties

Glycemic Index:18.86, Glycemic Load:12.8, Inflammation Score:-3, Nutrition Score:6.5039130071907%

Nutrients (% of daily need)

Calories: 139.08kcal (6.95%), Fat: 2.4g (3.69%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 24.28g (8.83%), Sugar: 2.79g (3.1%), Cholesterol: 5.02mg (1.67%), Sodium: 211.67mg (9.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Manganese: 0.59mg (29.32%), Selenium: 13.63µg (19.47%), Vitamin B1: 0.28mg (18.65%), Folate: 56.85µg (14.21%), Vitamin B3: 1.99mg (9.95%), Vitamin B2: 0.15mg (8.55%), Iron: 1.49mg (8.27%), Fiber: 1.87g (7.46%), Phosphorus: 63.36mg (6.34%), Magnesium: 23.42mg (5.85%), Copper: 0.09mg (4.37%), Vitamin B6: 0.07mg (3.61%), Zinc: 0.47mg (3.14%), Potassium: 92.18mg (2.63%), Vitamin B5: 0.25mg (2.5%), Calcium: 14.3mg (1.43%), Vitamin K: 1.45µg (1.39%), Vitamin A: 62.04IU (1.24%), Vitamin E: 0.17mg

(1.12%)