



## Nutella filled Pumpkin Bread Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



176 kcal

BREAD

### Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup butter melted
- ☐ 15 ounce pumpkin canned
- ☐ 1 teaspoon cinnamon
- ☐ 2 large eggs
- ☐ 4.8 cups flour all-purpose
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger

- ☐ 1 tablespoon yeast instant
- ☐ 1.5 teaspoons salt

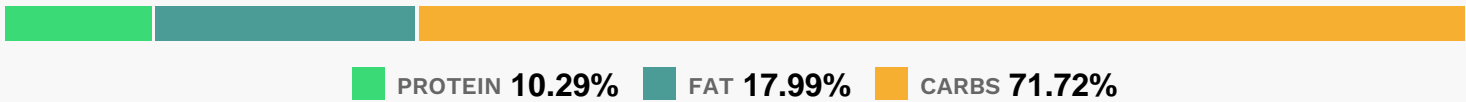
## Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan

## Directions

- ☐ Combine all of the dough ingredients except Nutella, and knead them with the dough hook attachment on your mixer for five minutes. Dough will still be sticky.
- ☐ Transfer the dough to a lightly oiled bowl, cover the bowl with plastic wrap, and set it aside to rise for 1 1/2 hours. It will expand, but not a huge amount.
- ☐ Turn the dough out onto a lightly floured surface, divide it in half. Working with the half dough, divide into 9 pieces.
- ☐ Roll the 9 pieces of dough between your palms until they are smooth round balls.
- ☐ Place balls into a 8 x 8 baking pan lined with parchment paper. Take dough ball and make a large well in the bottom side. Put in 1/2 tbsp of Nutella and then reseal bottom. Repeat process with remaining dough and place side by side in baking pan. Repeat process with other half of dough, placing balls into another baking pan. Cover both pans with a proof cover or lightly greased plastic wrap, for about 90 minutes.
- ☐ Bake the bread in a preheated 350°F oven for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:7.22, Glycemic Load:18.21, Inflammation Score:-10, Nutrition Score:9.8295653980711%

Nutrients (% of daily need)

Calories: 175.58kcal (8.78%), Fat: 3.5g (5.39%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 31.4g (10.47%), Net Carbohydrates: 29.68g (10.79%), Sugar: 4.85g (5.39%), Cholesterol: 27.45mg (9.15%), Sodium: 225.16mg (9.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.5g (9.01%), Vitamin A: 3785.89IU (75.72%), Vitamin B1: 0.29mg (19.44%), Selenium: 13.15µg (18.78%), Folate: 71.17µg (17.79%), Manganese: 0.34mg (16.93%), Vitamin B2: 0.21mg (12.43%), Iron: 2.03mg (11.26%), Vitamin B3: 2.15mg (10.73%), Fiber: 1.72g (6.88%), Phosphorus: 57.52mg (5.75%), Copper: 0.08mg (4.04%), Vitamin K: 4.19µg (3.99%), Vitamin B5: 0.36mg (3.64%), Magnesium: 14.29mg (3.57%), Potassium: 102.19mg (2.92%), Vitamin E: 0.41mg (2.71%), Zinc: 0.37mg (2.48%), Vitamin B6: 0.04mg (2.16%), Calcium: 19.94mg (1.99%), Vitamin C: 1mg (1.21%)