



## Oatmeal Dinner Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



127 kcal

BREAD

## Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large eggs lightly beaten
- ☐ 19 ounces flour all-purpose divided
- ☐ 0.3 cup honey
- ☐ 1 cup milk 2% reduced-fat
- ☐ 1 cup oats
- ☐ 1.5 teaspoons salt

☐ 0.8 cup water

## Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ oven

☐ knife

☐ wire rack

☐ measuring cup

## Directions

☐ Combine milk, 3/4 cup water, and honey in a small saucepan.

☐ Heat milk mixture over medium-high heat to 100 to 110; remove from heat. Dissolve yeast in milk mixture; let stand 5 minutes. Stir in butter and egg.

☐ Lightly spoon flour into dry measuring cups; level with a knife.

☐ Combine 4 cups flour, oats, and salt in a large bowl, stirring well.

☐ Add yeast mixture to flour 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 remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.

☐ Place dough in a large bowl coated with cooking spray, and turn to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size.

☐ Punch dough down, reshape into a ball, and return to bowl. Cover and let rise 1 hour or until doubled in size.

☐ Punch dough down; turn out onto a lightly floured surface. Knead dough 3 to 4 times; let rest 5 minutes. Divide mixture into 24 equal portions; shape each portion into a ball.

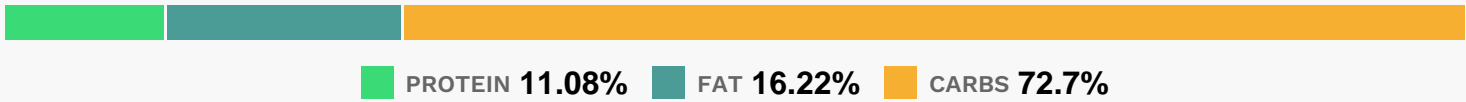
☐ Place balls 1 inch apart on a jelly-roll pan coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, 30 minutes or until doubled in size.

☐ Preheat oven to 425

☐ Bake rolls at 425 for 12 minutes or until browned.

Remove rolls from pan; cool on a wire rack.

# Nutrition Facts



## Properties

Glycemic Index:9.05, Glycemic Load:14.69, Inflammation Score:-3, Nutrition Score:4.6878261043002%

## Nutrients (% of daily need)

Calories: 126.62kcal (6.33%), Fat: 2.27g (3.5%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 21.9g (7.96%), Sugar: 3.5g (3.89%), Cholesterol: 12.3mg (4.1%), Sodium: 165.49mg (7.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Vitamin B1: 0.23mg (15.24%), Manganese: 0.28mg (14.09%), Selenium: 9.54µg (13.63%), Folate: 50.57µg (12.64%), Vitamin B2: 0.16mg (9.26%), Vitamin B3: 1.5mg (7.48%), Iron: 1.25mg (6.92%), Phosphorus: 53.68mg (5.37%), Fiber: 1.03g (4.13%), Magnesium: 11.27mg (2.82%), Zinc: 0.39mg (2.59%), Copper: 0.05mg (2.57%), Vitamin B5: 0.25mg (2.47%), Calcium: 19.12mg (1.91%), Potassium: 57.96mg (1.66%), Vitamin A: 65.01IU (1.3%), Vitamin B6: 0.03mg (1.29%), Vitamin B12: 0.07µg (1.23%)