



Onion-Buttermilk Pinwheels

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 envelopes active yeast dry
- 2 sticks plus 2 tablespoons butter unsalted softened
- 1.5 cups buttermilk
- 1 large egg white lightly beaten
- 2 large eggs lightly beaten
- 5.8 cups flour plus more for rolling
- 1 pinch ground cloves
- 1 pinch nutmeg freshly grated

- 24 servings salt
- 2 tablespoons sugar
- 3 pounds onions sweet chopped
- 0.3 cup warm water

Equipment

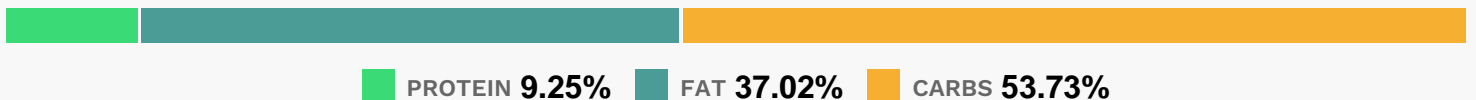
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- wooden spoon
- aluminum foil

Directions

- In a medium bowl, mix the yeast, sugar and water; let stand for 5 minutes.
- Mix in the buttermilk and eggs. In a large bowl, whisk 5 cups of the flour with 2 teaspoons of salt. Make a well in the center of the flour; add the buttermilk mixture. Stir with a wooden spoon until nearly blended; beat in the 1 1/2 sticks of softened butter until a soft dough forms.
- Scrape the dough onto a work surface sprinkled with the remaining 3/4 cup of flour. Knead until smooth, 3 minutes.
- Transfer the dough to a lightly oiled bowl, cover and let rise in a warm, draft-free spot until doubled in bulk, about 1 hour.
- Meanwhile, melt 3 tablespoons of the butter in a large saucepan.
- Add the onions and cook over high heat, stirring, until softened, 7 minutes. Reduce the heat to moderate and cook, stirring occasionally, until golden, 20 minutes; add a bit of water if the onions stick. Stir in the nutmeg and cloves. Season with salt.
- Transfer to a bowl to cool.

- Butter two 9-inch round cake pans. Melt the remaining 3 tablespoons of butter. Turn the dough out onto a lightly floured surface, punch it down and divide in half.
- Roll 1 piece of the dough out to an 8-by-16-inch rectangle; a long side of the rectangle should be facing you. Keep the other piece covered.
- Spread half of the onions all over the dough to within 1-inch of the top. Starting at the bottom edge, roll as tightly as possible into a cylinder. Pinch the edge to seal, then brush with half of the melted butter.
- Cut crosswise into 12 slices, wiping the knife after each slice. Arrange the rolls, cut side up, in 1 of the pans, 9 around the outside and 3 in the center. Wipe the work surface and repeat with the remaining dough, onions and melted butter. Cover the rolls with plastic; let rise until almost touching the rims of the pan, about 1 hour.
- Preheat the oven to 42
- Brush the rolls with the egg white.
- Bake for 35 minutes, or until risen and golden on top.
- Let cool in the pans for 5 minutes, then turn out onto a wire rack.
- Serve hot or at room temperature.
- Make Ahead: The baked rolls can be wrapped in foil and stored at room temperature for up to 2 days. Reheat in a 350 oven, then unwrap and bake until slightly crusty. Alternatively, freeze for up to 1 month. Thaw before reheating.

Nutrition Facts



Properties

Glycemic Index:12.34, Glycemic Load:17.47, Inflammation Score:-5, Nutrition Score:7.1739129216775%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 216.62kcal (10.83%), Fat: 8.93g (13.74%), Saturated Fat: 5.32g (33.24%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 27.69g (10.07%), Sugar: 4.7g (5.22%), Cholesterol: 37.4mg (12.47%), Sodium: 283.87mg (12.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Vitamin B1: 0.33mg (22.13%), Folate: 84.57µg (21.14%), Selenium: 12.69µg (18.13%), Vitamin B2: 0.24mg (13.94%), Manganese: 0.26mg (12.77%), Vitamin B3: 2.1mg (10.5%), Iron: 1.63mg (9.08%), Phosphorus: 74.93mg (7.49%), Fiber: 1.49g (5.94%), Vitamin A: 283.19IU (5.66%), Vitamin B6: 0.11mg (5.43%), Copper: 0.09mg (4.28%), Vitamin B5: 0.4mg (3.99%), Potassium: 135.84mg (3.88%), Calcium: 38.25mg (3.83%), Magnesium: 14.46mg (3.62%), Vitamin C: 2.72mg (3.3%), Zinc: 0.45mg (3.01%), Vitamin B12: 0.12µg (2.06%), Vitamin E: 0.3mg (2.02%), Vitamin D: 0.28µg (1.86%)