



## Orange-Fennel Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



102 kcal

BREAD

## Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 teaspoon fennel seeds crushed
- ☐ 1.8 cups flour all-purpose divided
- ☐ 1.5 teaspoons orange rind grated
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.7 cup warm water 100° to 110°

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ measuring cup

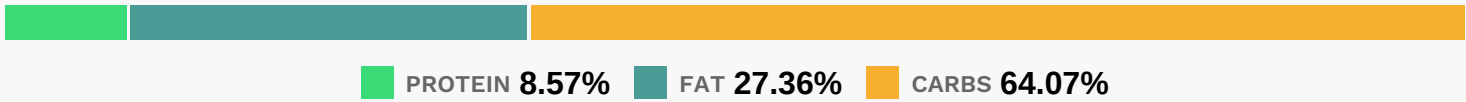
## Directions

- ☐ Dissolve sugar and yeast in 2/3 cup warm water in a small bowl; let stand 5 minutes. Stir in butter.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 75 ounces (about 1 1/2 cups) flour, orange rind, crushed fennel seeds, and salt in a large bowl, stirring with a whisk.
- ☐ 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 4 minutes); add enough of the remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into the dough. If indentation remains, the dough has risen enough). Punch dough down; cover and let rest 5 minutes.
- ☐ Divide dough into 12 equal portions, shaping each into a ball. Arrange dough balls, 2 inches apart, on a baking sheet lined with parchment paper. Cover and let rise 20 minutes or until doubled in size.
- ☐ Preheat oven to 40
- ☐ Bake at 400 for 10 minutes or until browned. Cool on baking sheet on a wire rack for 2 minutes.
- ☐ Remove rolls from baking sheet.

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Serve warm, or cool completely on wire rack.

# Nutrition Facts



## Properties

Glycemic Index:16.26, Glycemic Load:11.46, Inflammation Score:-3, Nutrition Score:3.3439130517452%

## Nutrients (% of daily need)

Calories: 101.86kcal (5.09%), Fat: 3.09g (4.76%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 15.55g (5.66%), Sugar: 2.05g (2.27%), Cholesterol: 7.53mg (2.51%), Sodium: 120.89mg (5.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin B1: 0.21mg (13.89%), Folate: 47.19µg (11.8%), Selenium: 6.28µg (8.97%), Manganese: 0.14mg (6.87%), Vitamin B2: 0.12mg (6.81%), Vitamin B3: 1.32mg (6.62%), Iron: 0.89mg (4.97%), Fiber: 0.74g (2.97%), Phosphorus: 25.11mg (2.51%), Vitamin A: 88.74IU (1.77%), Copper: 0.03mg (1.66%), Vitamin B5: 0.16mg (1.64%), Magnesium: 5.23mg (1.31%), Zinc: 0.19mg (1.24%)