



Orange Pumpkin Cloverleafs

 Vegetarian

READY IN



4500 min.

SERVINGS



12

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons active yeast dry (from a)
- ☐ 0.3 cup pumpkin pure canned
- ☐ 2 large eggs divided
- ☐ 2.8 cups flour all-purpose plus more for kneading and dusting
- ☐ 1 tablespoon mild honey
- ☐ 0.3 cup warm milk (105-115°F)
- ☐ 2 tablespoons orange juice fresh
- ☐ 0.5 teaspoon orange zest grated

- ☐ 1.5 teaspoons salt
- ☐ 0.8 stick butter unsalted divided melted
- ☐ 1 tablespoon water

Equipment

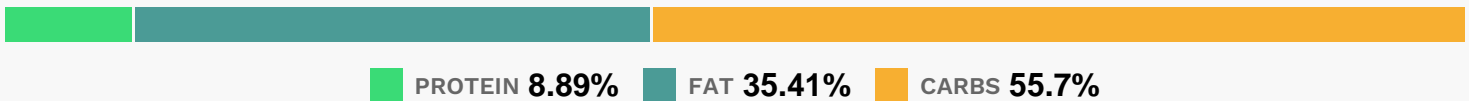
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ kitchen towels
- ☐ spatula
- ☐ muffin liners

Directions

- ☐ Butter muffin cups with 1 tablespoon melted butter.
- ☐ Stir together yeast, warm milk, and honey in a large bowl and let stand until foamy, about 5 minutes. (If mixture doesn't foam, start over with new yeast.)
- ☐ Mix flour, salt, pumpkin, 1 whole egg, yolk, orange zest and juice, and remaining 5 tablespoon butter into yeast mixture with a wooden spoon or rubber spatula until a soft dough forms. Turn out dough onto a floured surface and knead, dusting surface and your hands with just enough flour to keep dough from sticking, until dough is elastic and smooth, 6 to 8 minutes. Form dough into a ball.
- ☐ Put dough in an oiled large bowl and turn to coat. Cover bowl with plastic wrap and a kitchen towel and let dough rise in a draft-free place at warm room temperature until doubled, 1 1/2 to 2 hours.
- ☐ Punch down dough (do not knead), then halve.
- ☐ Roll half of dough on a lightly floured surface with lightly floured hands into a 12-inch-long log (keep remaining half covered with plastic wrap).
- ☐ Cut log into 6 equal pieces, then cut each piece into thirds.

- ☐ Roll each piece into a 1-inch ball by cupping your hand and pushing dough against work surface as you roll in a circular motion. Put 3 balls side by side in each of 6 muffin cups.
- ☐ Make more rolls with remaining dough in same manner. Cover rolls with a kitchen towel (not terry cloth) and let rise in a draft-free place at warm room temperature until dough is about 1 inch above rim of muffin cups, 1 to 1 1/2 hours.
- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Whisk together remaining egg and water and brush on tops of rolls. (You will have leftover egg wash.)
- ☐ Bake until golden brown, about 20 minutes.
- ☐ Transfer rolls to a rack and cool at least 20 minutes.
- ☐ Rolls are best the day they're made but can be frozen (cool completely, then wrap well) 1 month. Thaw, then reheat on a baking sheet in a 350°F oven until warmed through, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:18.11, Glycemic Load:16.81, Inflammation Score:-7, Nutrition Score:6.7908695832543%

Flavonoids

Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 177.76kcal (8.89%), Fat: 6.99g (10.75%), Saturated Fat: 4.05g (25.33%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 23.6g (8.58%), Sugar: 2.24g (2.49%), Cholesterol: 46.39mg (15.46%), Sodium: 296.09mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.89%), Vitamin A: 1290.75IU (25.81%), Vitamin B1: 0.29mg (19.62%), Folate: 70.63µg (17.66%), Selenium: 11.55µg (16.5%), Vitamin B2: 0.19mg (11.29%), Manganese: 0.21mg (10.59%), Vitamin B3: 1.95mg (9.74%), Iron: 1.53mg (8.5%), Phosphorus: 55.07mg (5.51%), Fiber: 1.13g (4.51%), Vitamin B5: 0.34mg (3.41%), Copper: 0.06mg (2.83%), Magnesium: 9.43mg (2.36%), Zinc: 0.35mg (2.35%), Vitamin C: 1.83mg (2.21%), Vitamin E: 0.33mg (2.2%), Vitamin D: 0.31µg (2.1%), Potassium: 68.84mg (1.97%), Vitamin B6: 0.04mg (1.96%), Calcium: 18.59mg (1.86%), Vitamin K: 1.71µg (1.63%), Vitamin B12: 0.1µg (1.58%)