



Our Favorite Sourdough Maple Einkorn Dinner Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



178 kcal

Ingredients

- 2 tablespoons butter melted
- 2 tablespoons cup heavy whipping cream
- 1 eggs beaten
- 2.5 cups high-gluten flour (available here)
- 1 tablespoon maple syrup
- 1 teaspoon sea salt
- 0.3 cup starter for a tutorial (click here)
- 0.5 cup water

- 1 cup oat flour whole (available here)
- 0.5 cup milk whole

Equipment

- bowl
- baking paper
- oven
- whisk
- mixing bowl
- blender
- plastic wrap
- baking pan
- stand mixer
- kitchen towels

Directions

- Stir sourdough starter together with maple syrup, warm water and milk. Beat in the egg, and set the liquid ingredients aside while you prepare the dry ingredients. Dump the flours into the mixing bowl of a stand mixer, whisk in the salt. Equip the stand mixer with a dough hook, and pour the liquid ingredients into the dry ingredients.
- Mix the ingredients together on low speed in the mixer for 8 to 10 minutes, stopping the mixer from time to time to scrape the sides of the bowl, or until the dough is uniformly pliable.
- Transfer the dough to an oiled bowl, cover it tightly with plastic wrap, and allow it to rise until doubled in bulk - about 6 hours. Line a 9-inch by 13-inch baking dish with parchment paper. Punch down the dough, and separate it into 12 pieces of the same size.
- Roll the pieces of dough into round little balls, and set them into the baking dish. Cover the baking dish with a damp tea towel, and allow the dough to rise until doubled in bulk once more - about 2 hours.
- Heat the oven to 375 F. Make the glaze by whisking cream with 1 tablespoon maple syrup. Uncover the rising dough, brush them with the maple and cream glaze, and transfer the dish to the oven and bake them about 15 minutes or until golden brown and fragrant.

- Remove them from the oven.
- Place a damp tea towel over the baking dish, and allow the rolls to cool. Uncover the rolls, and serve.

Nutrition Facts

PROTEIN 13.71% **FAT 23.28%** **CARBS 63.01%**

Properties

Glycemic Index:10.38, Glycemic Load:0.59, Inflammation Score:-1, Nutrition Score:3.5252174354442%

Nutrients (% of daily need)

Calories: 177.88kcal (8.89%), Fat: 4.39g (6.76%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 26.76g (8.92%), Net Carbohydrates: 25.24g (9.18%), Sugar: 1.66g (1.84%), Cholesterol: 22.7mg (7.57%), Sodium: 221.16mg (9.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Manganese: 0.44mg (22.11%), Selenium: 4.82µg (6.88%), Phosphorus: 64.74mg (6.47%), Fiber: 1.52g (6.07%), Vitamin B1: 0.08mg (5.21%), Iron: 0.77mg (4.28%), Magnesium: 16.74mg (4.18%), Vitamin B2: 0.07mg (4.11%), Zinc: 0.43mg (2.87%), Vitamin A: 131.33IU (2.63%), Calcium: 24.5mg (2.45%), Copper: 0.05mg (2.42%), Potassium: 64.14mg (1.83%), Vitamin B12: 0.1µg (1.59%), Vitamin D: 0.23µg (1.5%), Vitamin B6: 0.03mg (1.29%), Vitamin E: 0.19mg (1.27%), Folate: 5.09µg (1.27%), Vitamin B5: 0.12mg (1.23%)