



Pennsylvania Dutch Tea Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



173 kcal

BREAD

Ingredients

- 0.3 cup butter cooled melted room temperature
- 1 large eggs
- 5.3 cups flour all-purpose divided
- 3 tablespoons milk 1% low-fat
- 1.3 cups warm milk 1% low-fat (100° to 110°)
- 1.5 teaspoons poppy seeds
- 1 teaspoon salt
- 0.5 cup sugar

- 2.3 teaspoons quick-rise yeast

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- plastic wrap
- baking pan
- wooden spoon
- measuring cup

Directions

- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine 2 cups flour, warm milk, and yeast in a large bowl. Cover with plastic wrap, and let stand 1 1/2 hours (batter should become very bubbly and almost triple in size).
- Add 3 cups flour, sugar, butter, salt, and egg; stir with a wooden spoon 3 minutes or until well combined. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 1/2 hours or until doubled in size. (Lightly press two fingers into dough. If indentation remains, the dough has risen enough.)
- Turn dough out onto a lightly floured surface; lightly dust dough with flour and pat into an 10 x 8-inch rectangle. Divide dough by making 3 lengthwise cuts and 4 crosswise cuts to form 20 equal pieces; shape each piece into a ball.
- Place balls in a 13 x 9-inch baking pan coated with cooking spray.
- Lightly coat the dough with cooking spray. Cover with plastic wrap, and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size.
- Preheat oven to 37

- Brush 3 tablespoons milk lightly over dough; sprinkle with poppy seeds.
- Bake at 375 for 20 minutes or until browned. Cool rolls in pan 5 minutes.
- Serve warm, or cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:21.61, Inflammation Score:-3, Nutrition Score:5.9143478766732%

Nutrients (% of daily need)

Calories: 172.66kcal (8.63%), Fat: 3.17g (4.87%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 30.16g (10.97%), Sugar: 5.99g (6.65%), Cholesterol: 16.3mg (5.43%), Sodium: 146.03mg (6.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Vitamin B1: 0.31mg (20.63%), Selenium: 12.39µg (17.69%), Folate: 70.04µg (17.51%), Vitamin B2: 0.21mg (12.64%), Manganese: 0.24mg (12.09%), Vitamin B3: 2.1mg (10.52%), Iron: 1.6mg (8.89%), Phosphorus: 63.78mg (6.38%), Fiber: 1.02g (4.1%), Calcium: 33.12mg (3.31%), Vitamin B5: 0.3mg (2.98%), Copper: 0.05mg (2.74%), Magnesium: 10.71mg (2.68%), Zinc: 0.39mg (2.59%), Vitamin A: 119.66IU (2.39%), Vitamin B12: 0.14µg (2.28%), Potassium: 72.92mg (2.08%), Vitamin B6: 0.04mg (1.77%), Vitamin D: 0.25µg (1.65%)