



Poppy Seed and Onion Crescent Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



147 kcal

BREAD

Ingredients

- 2 tablespoons butter
- 2.3 teaspoons yeast dry
- 1 large eggs
- 5.5 cups flour all-purpose divided
- 1 tablespoon milk 2% reduced-fat
- 1 cup milk 2% reduced-fat (100° to 110°)
- 1.5 tablespoons olive oil
- 2 cups onion chopped

- 1 teaspoon poppy seeds
- 2 teaspoons salt
- 1.5 tablespoons sugar
- 1 cup water (100° to 110°)
- 0.5 cup flour whole wheat

Equipment

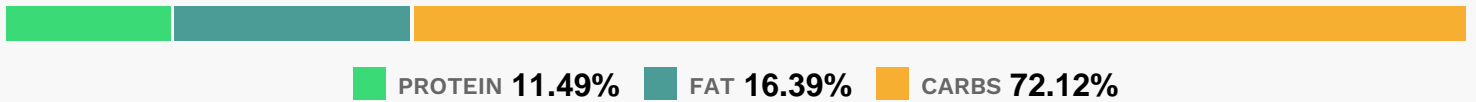
- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- mixing bowl
- blender
- measuring cup

Directions

- Dissolve yeast in warm water in a large mixing bowl; let stand for 5 minutes.
- Add 1 cup milk, butter, sugar, and 1 egg, and beat with a mixer at medium speed until well blended. Lightly spoon flours into dry measuring cups; level with a knife.
- Add 3 cups all-purpose flour and whole wheat flour to yeast mixture, and beat until blended.
- Let stand 15 minutes.
- Add salt, and beat well. Stir in 2 cups all-purpose flour to make a soft dough.
- Turn the dough out onto a floured surface; knead until smooth and elastic (about 10 minutes).
- Add enough of remaining flour, 1/4 cup at a time, to keep dough from sticking to hands (dough will feel tacky).
- Place the 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 hour or until doubled in size. (Press two fingers into the dough. If indentation remains, the dough has risen enough.)

- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion; cook 10 minutes or until golden.
- Preheat oven to 37
- Punch dough down; cover and let rest 5 minutes. Divide in half. Working with 1 portion at a time, roll each portion into a 14-inch circle.
- Spread half of onion mixture over each portion, and cut each portion into 12 wedges.
- Roll up each wedge tightly, beginning at the wide end.
- Place, point sides down, on baking sheets coated with cooking spray.
- Combine 1 egg and 1 tablespoon milk, stirring with a whisk; brush over rolls.
- Sprinkle evenly with poppy seeds.
- Let rise, uncovered, 30 minutes or until doubled in size.
- Bake at 375 for 23 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:9.46, Glycemic Load:16.61, Inflammation Score:-3, Nutrition Score:5.8643478323584%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 146.9kcal (7.35%), Fat: 2.66g (4.09%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 24.95g (9.07%), Sugar: 1.94g (2.16%), Cholesterol: 11.1mg (3.7%), Sodium: 211.02mg (9.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.39%), Vitamin B1: 0.28mg (18.78%), Selenium: 12.28µg (17.54%), Manganese: 0.33mg (16.31%), Folate: 64.52µg (16.13%), Vitamin B2: 0.19mg (11.2%), Vitamin B3: 1.96mg (9.8%), Iron: 1.51mg (8.4%), Phosphorus: 60.7mg (6.07%), Fiber: 1.37g (5.48%), Magnesium: 13.18mg (3.29%), Copper: 0.06mg (3.2%), Zinc: 0.4mg (2.67%), Vitamin B5: 0.27mg (2.67%), Vitamin B6: 0.05mg (2.55%), Calcium: 24.53mg (2.45%), Potassium: 80.74mg (2.31%), Vitamin E: 0.22mg (1.45%), Vitamin B12: 0.08µg (1.27%), Vitamin C: 1.01mg (1.22%), Vitamin A: 51.56IU (1.03%)