

Poppy Seed Rolls

READY IN



40 min.

SERVINGS



18

CALORIES



242 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 18 servings butter melted
- 1 eggs beaten
- 3.8 cups flour all-purpose
- 1 cup milk (110° to 115°)
- 18 servings poppy seeds
- 1.5 teaspoons salt
- 0.5 cup shortening
- 1 teaspoon sugar divided

0.3 cup water (110° to 115°)

Equipment

bowl

oven

muffin liners

Directions

In a large bowl, dissolve yeast in water.

Add 1 teaspoon of sugar; let stand for 5 minutes. Beat in milk, shortening, salt, egg and remaining sugar.

Add enough flour to form a soft dough.

Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes.

Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch the dough down. Turn onto a lightly floured surface; divide into 18 pieces. Shape into balls.

Place in greased muffin cups. Cover and let rise until doubled, about 30 minutes.

Brush tops with butter; sprinkle with poppy seeds.

Bake at 375° for 11–13 minutes or until golden brown.

Remove from pans to wire racks.

Nutrition Facts



PROTEIN 8.6% **FAT 53.1%** **CARBS 38.3%**

Properties

Glycemic Index:13.23, Glycemic Load:14.81, Inflammation Score:-4, Nutrition Score:9.2852173363385%

Nutrients (% of daily need)

Calories: 241.99kcal (12.1%), Fat: 14.44g (22.22%), Saturated Fat: 4.77g (29.83%), Carbohydrates: 23.44g (7.81%),

Net Carbohydrates: 20.88g (7.59%), Sugar: 1.23g (1.36%), Cholesterol: 21.47mg (7.16%), Sodium: 238.02mg

(10.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.53%), Manganese: 0.78mg (39.21%), Vitamin B1: 0.33mg (22.3%), Folate: 65.55µg (16.39%), Selenium: 11.13µg (15.91%), Calcium: 152.96mg (15.3%), Phosphorus: 128.66mg (12.87%), Iron: 2.14mg (11.92%), Vitamin B2: 0.19mg (10.88%), Fiber: 2.56g (10.26%), Magnesium: 39.23mg (9.81%), Copper: 0.19mg (9.41%), Vitamin B3: 1.79mg (8.97%), Zinc: 1.02mg (6.78%), Vitamin E: 0.67mg (4.48%), Potassium: 121.29mg (3.47%), Vitamin K: 3.51µg (3.34%), Vitamin B5: 0.33mg (3.29%), Vitamin A: 160.11IU (3.2%), Vitamin B6: 0.05mg (2.61%), Vitamin B12: 0.1µg (1.73%), Vitamin D: 0.2µg (1.32%)