



Potato-Caramelized Onion Buns

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



163 kcal

BREAD

Ingredients

- ☐ 0.8 ounce active yeast dry
- ☐ 2 tablespoons butter melted
- ☐ 24 servings caramelized onions
- ☐ 1 eggs lightly beaten
- ☐ 7 cups flour all-purpose
- ☐ 1 cup potatoes refrigerated frozen warmed thawed mashed
- ☐ 1 tablespoon salt
- ☐ 2 tablespoons sugar

- ☐ 2 cups warm water (100° to 110°)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ stand mixer

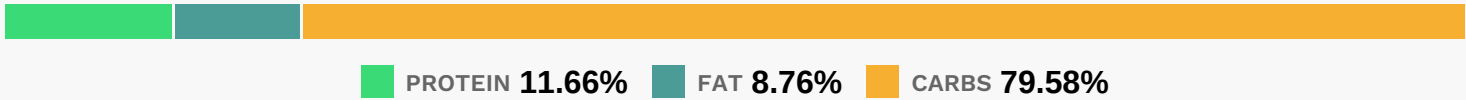
Directions

- ☐ Preheat oven to 20
- ☐ Stir together 2 cups warm water and yeast in a large mixing bowl of a heavy-duty electric stand mixer until dissolved.
- ☐ Let stand 5 minutes.
- ☐ Add potatoes, sugar, and butter to yeast mixture; beat at medium speed, using dough hook attachment, until blended.
- ☐ Add 7 cups flour and salt; beat at low speed 2 minutes.
- ☐ Add Caramelized Onions, and beat at medium speed 5 minutes. (Dough will be very sticky.)
- ☐ Sprinkle dough with remaining 1 tablespoon flour, and remove from bowl.
- ☐ Shape into a ball, and place in a lightly greased bowl, turning to grease top. Turn off oven. Cover bowl with plastic wrap, and let rise in oven 30 minutes or until doubled in bulk.
- ☐ Remove from oven.
- ☐ Remove and discard plastic wrap. Punch dough down, and turn out onto a lightly floured surface. Divide into 21 portions.
- ☐ Shape each portion into a ball with floured hands.
- ☐ Place no more than 8 balls on each parchment paper-lined baking sheet. Cover with plastic wrap, and let rise again in a warm place, free from drafts, for 15 to 20 minutes or until doubled in bulk.

- ☐
- Brush with egg and sprinkle with poppy seeds, if desired.

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Nutrition Facts



Properties

Glycemic Index:12.74, Glycemic Load:22.25, Inflammation Score:-4, Nutrition Score:6.9208695156419%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 163.16kcal (8.16%), Fat: 1.57g (2.42%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 30.46g (11.07%), Sugar: 1.81g (2.01%), Cholesterol: 9.33mg (3.11%), Sodium: 304.09mg (13.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.41%), Vitamin B1: 0.4mg (26.56%), Folate: 92.6µg (23.15%), Selenium: 13.11µg (18.73%), Manganese: 0.29mg (14.27%), Vitamin B2: 0.23mg (13.61%), Vitamin B3: 2.62mg (13.1%), Iron: 1.85mg (10.26%), Fiber: 1.67g (6.68%), Phosphorus: 58.27mg (5.83%), Copper: 0.08mg (3.82%), Vitamin B6: 0.08mg (3.81%), Vitamin B5: 0.35mg (3.53%), Vitamin C: 2.84mg (3.44%), Potassium: 109.1mg (3.12%), Magnesium: 12.46mg (3.11%), Zinc: 0.4mg (2.69%), Calcium: 12.32mg (1.23%)