



Potato Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



121 kcal

Ingredients

- 2 small baking potatoes peeled cut into 2-inch pieces
- 2 packages yeast dry
- 2 tablespoons sugar plus a pinch
- 1 cup buttermilk room temperature
- 6 tablespoons butter cooled melted plus more for bowl and plastic wrap
- 4 teaspoons coarse salt
- 5.5 cups bread flour for dusting plus more

Equipment

- bowl

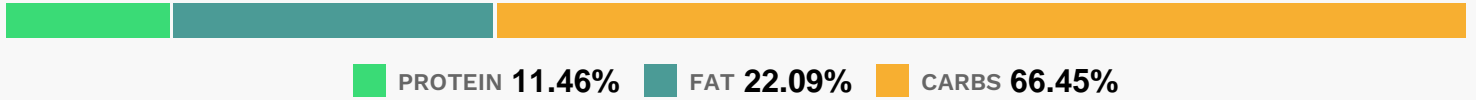
- baking sheet
- sauce pan
- oven
- knife
- whisk
- mixing bowl
- blender
- plastic wrap
- hand mixer
- rolling pin

Directions

- Place potatoes in a medium saucepan; cover with cold water. Bring water to a boil; reduce to a simmer. Cook potatoes until knife-tender, about 15 minutes.
- Drain, reserving 1/2 cup of the liquid. Mash potatoes; set aside.
- Cool reserved liquid to 105 degrees. In the detached bowl of an electric mixer, whisk liquid, yeast, and pinch of sugar. Set aside until mixture is foamy, about 10 minutes.
- Attach bowl to electric mixer fitted with the dough-hook attachment. With the mixer on low, add remaining sugar, reserved potatoes, buttermilk, 4 tablespoons melted butter, and salt. Gradually add enough flour to make a slightly sticky dough. Knead dough until smooth, about 2 minutes.
- Brush a mixing bowl with butter.
- Place dough in bowl; cover bowl with buttered plastic wrap. Set aside to rise until doubled, 1 to 1 1/2 hours.
- Heat oven to 375 degrees. Line 3 large baking sheets with parchment. Turn dough out onto a floured work surface. Using a floured rolling pin, roll dough out 3/4 inch thick.
- Cut dough into 2-inch-wide strips.
- Cut strips into triangles or squares; place at least 1 1/4 inches apart on baking sheets.
- Brush tops with remaining melted butter; cover with buttered plastic wrap.
- Let rise until dough does not spring back when pressed with a finger, 15 minutes.

Bake until golden, 18 to 20 minutes; serve.

Nutrition Facts



Properties

Glycemic Index:10.09, Glycemic Load:13.06, Inflammation Score:-1, Nutrition Score:3.0791304564994%

Nutrients (% of daily need)

Calories: 121.32kcal (6.07%), Fat: 2.96g (4.56%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 20.05g (6.68%), Net Carbohydrates: 19.23g (6.99%), Sugar: 1.33g (1.48%), Cholesterol: 6.9mg (2.3%), Sodium: 337.74mg (14.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Selenium: 9.51µg (13.59%), Manganese: 0.2mg (10.1%), Vitamin B1: 0.08mg (5.52%), Folate: 20.55µg (5.14%), Phosphorus: 38.91mg (3.89%), Fiber: 0.82g (3.29%), Vitamin B2: 0.05mg (3%), Copper: 0.06mg (2.89%), Vitamin B6: 0.06mg (2.88%), Vitamin B3: 0.54mg (2.71%), Potassium: 86.19mg (2.46%), Magnesium: 9.45mg (2.36%), Vitamin B5: 0.23mg (2.31%), Zinc: 0.3mg (1.99%), Iron: 0.32mg (1.78%), Vitamin A: 83.74IU (1.67%), Calcium: 15.12mg (1.51%), Vitamin E: 0.16mg (1.09%)