



## Potato Rolls

 Vegetarian

READY IN



345 min.

SERVINGS



12

CALORIES



375 kcal

BREAD

## Ingredients

- ☐ 0.5 oz active yeast dry
- ☐ 3 tablespoons butter divided melted
- ☐ 2 large eggs
- ☐ 6.5 cups flour all-purpose
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 oz baking potatoes peeled cut into 1-inch pieces
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons salt

- ☐ 0.3 cup vegetable oil
- ☐ 1 cup warm water (105° to 115°)

## Equipment

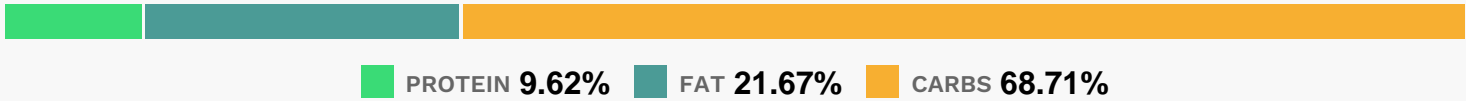
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ stand mixer
- ☐ potato ricer

## Directions

- ☐ Bring potato and water to cover to a boil in a saucepan over medium heat; boil 10 to 12 minutes or until tender.
- ☐ Drain, reserving 1 cup liquid, and cool potato 15 minutes. Press potato through a potato ricer or food mill, and cool completely (about 30 minutes).
- ☐ Stir together yeast, 1 cup warm water, 2 tsp. sugar, and reserved cooking liquid in bowl of a heavy-duty electric stand mixer; let stand 5 minutes. Stir in eggs, next 3 ingredients, potato, 3 cups flour, and remaining sugar. Beat at medium speed, using paddle attachment, until smooth. Gradually beat in remaining 3 to 3 1/2 cups flour until a soft dough forms.
- ☐ Turn dough out onto a well-floured surface, and knead until smooth and elastic (about 4 to 6 minutes), sprinkling with flour as needed.
- ☐ Place dough in a lightly greased large bowl, turning to grease top. Cover and let rise in a warm place (80 to 85), about 1 hour or until doubled in bulk.
- ☐ Punch dough down; turn out onto a lightly floured surface, and divide in half.
- ☐ Gently shape each half into 12 (2 1/2-inch) balls, and place in 2 greased 10-inch round cake pans.
- ☐ Brush tops with 2 Tbsp. melted butter. Cover and let rise in a warm place (80 to 85), 1 hour or until doubled in bulk.
- ☐ Preheat oven to 37

- ☐ Bake 25 to 30 minutes or until rolls are deep golden brown.
- ☐ Remove from pans to a wire rack, and brush with remaining melted butter. Cool completely.
- ☐ POTATO ROLLS
- ☐ Prepare recipe through Step
- ☐ Roll each dough half into an 18- x 9-inch rectangle. Starting at 1 short end, roll up each rectangle, jelly-roll fashion, pressing to seal edges as you roll. Pinch ends of dough, and tuck ends under.
- ☐ Place each roll, seam side down, in a lightly greased 9- x 5-inch loaf pan. Proceed with recipe as directed, baking 30 to 35 minutes or until deep golden brown.

## Nutrition Facts



## Properties

Glycemic Index:23.32, Glycemic Load:45.88, Inflammation Score:-5, Nutrition Score:12.673913131589%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 374.75kcal (18.74%), Fat: 8.97g (13.8%), Saturated Fat: 2.87g (17.97%), Carbohydrates: 64.02g (21.34%), Net Carbohydrates: 61.62g (22.41%), Sugar: 8.68g (9.65%), Cholesterol: 38.53mg (12.84%), Sodium: 425.9mg (18.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.92%), Vitamin B1: 0.68mg (45.38%), Folate: 158.46µg (39.62%), Selenium: 25.77µg (36.81%), Vitamin B2: 0.43mg (25.24%), Manganese: 0.5mg (24.95%), Vitamin B3: 4.68mg (23.38%), Iron: 3.49mg (19.37%), Phosphorus: 108.48mg (10.85%), Fiber: 2.4g (9.58%), Vitamin K: 9.17µg (8.73%), Copper: 0.13mg (6.62%), Vitamin B5: 0.65mg (6.46%), Vitamin B6: 0.13mg (6.38%), Magnesium: 21.23mg (5.31%), Potassium: 176.41mg (5.04%), Zinc: 0.74mg (4.92%), Vitamin E: 0.58mg (3.9%), Vitamin A: 132.73IU (2.65%), Calcium: 19.46mg (1.95%), Vitamin C: 1.56mg (1.9%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.11%)