



## Pumpkin Yeast Rolls

READY IN



45 min.

SERVINGS



24

CALORIES



126 kcal

### Ingredients

- ☐ 5 cups bread flour divided
- ☐ 2 tablespoons brown sugar
- ☐ 1 cup pumpkin canned
- ☐ 1 teaspoon cider vinegar
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large eggs
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup butter softened
- ☐ 0.8 cup warm milk fat-free (105° to 115°)
- ☐ 1 teaspoon salt

- ☐ 2 teaspoons vanilla extract

## Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

## Directions

- ☐ Combine the pumpkin and vanilla extract, and set aside.
- ☐ Dissolve yeast and sugar in milk in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 2 cups flour, pumpkin mixture, margarine, salt, vinegar, nutmeg, and egg to yeast mixture; beat at medium speed of a mixer until smooth. Stir in 2 cups flour to form a sticky dough. Turn dough out onto a lightly floured surface. Knead dough until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover dough, and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Coat 24 muffin cups with cooking spray. Punch dough down, and divide in half. Working with 1 portion at a time (cover remaining dough to keep from drying), divide each portion into 12 equal pieces; shape each piece into a ball.
- ☐ Place 1 ball in each muffin cup. Cover and let rise 30 minutes or until doubled in bulk.
- ☐ Preheat oven to 35
- ☐ Uncover dough; bake at 350 for 20 minutes.
- ☐ Remove from pans; cool on wire racks.

## Nutrition Facts



 PROTEIN **12.57%**  FAT **18.84%**  CARBS **68.59%**

Properties

Glycemic Index:8.76, Glycemic Load:12.37, Inflammation Score:-8, Nutrition Score:4.6891303762146%

Nutrients (% of daily need)

Calories: 125.93kcal (6.3%), Fat: 2.6g (4%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 21.28g (7.09%), Net Carbohydrates: 20.28g (7.37%), Sugar: 1.83g (2.03%), Cholesterol: 7.98mg (2.66%), Sodium: 126.79mg (5.51%), Alcohol: 0.11g (100%), Alcohol %: 0.29% (100%), Protein: 3.9g (7.8%), Vitamin A: 1700.71IU (34.01%), Selenium: 11.21µg (16.01%), Manganese: 0.23mg (11.3%), Folate: 17.83µg (4.46%), Phosphorus: 43.67mg (4.37%), Vitamin B1: 0.06mg (4.06%), Fiber: 1g (4.02%), Vitamin B2: 0.05mg (3.15%), Copper: 0.06mg (3.11%), Magnesium: 10.44mg (2.61%), Vitamin B5: 0.26mg (2.57%), Iron: 0.43mg (2.38%), Zinc: 0.32mg (2.16%), Vitamin B3: 0.43mg (2.15%), Vitamin E: 0.31mg (2.05%), Calcium: 19.61mg (1.96%), Potassium: 68.58mg (1.96%), Vitamin K: 1.72µg (1.64%), Vitamin B6: 0.03mg (1.42%), Vitamin B12: 0.07µg (1.09%)