



Rainbow rolls

 Vegetarian

READY IN



50 min.

SERVINGS



18

CALORIES



443 kcal

BREAD

Ingredients

- ☐ 250 g flour plain white for dusting
- ☐ 250 g bread flour white
- ☐ 500 g bread flour
- ☐ 7 g yeast dried
- ☐ 100 g oatmeal
- ☐ 100 g chia seeds mixed for sprinkling
- ☐ 50 g walnuts finely chopped
- ☐ 2 tsp baking soda

- ☐ 50 g butter diced cold
- ☐ 568 ml buttermilk
- ☐ 100 g zucchini grated
- ☐ 100 g carrots grated
- ☐ 100 g beets raw grated
- ☐ 18 servings milk beaten

Equipment


- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon
- ☐ kitchen towels

Directions

- ☐ Dust your largest baking sheet or tray with flour.
- ☐ Mix the flours, yeast, oats, seeds, nuts, bicarbonate and 2 tsp salt in a bowl, then rub in the butter with your fingers until it almost disappears.
- ☐ Pour in the buttermilk and 150–200ml water and mix quickly with a wooden spoon, then your hands, to form a dough. Divide into 3 and knead a grated veg into each to make a courgette dough, a carrot dough and a beet dough. Form each into 6 rounds with floured hands. Arrange, spaced apart, on the baking tray, cover loosely with oiled cling film, and leave to rise somewhere warm for 30 mins.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Brush the tops with milk or egg, scatter with extra seeds and bake for 30–35 mins until the bases are pale golden and sound hollow when tapped. Cover with a tea towel and leave to cool a bit this will keep them soft.

Nutrition Facts



 PROTEIN **15.61%**  FAT **31.65%**  CARBS **52.74%**

Properties

Glycemic Index:29.69, Glycemic Load:32.88, Inflammation Score:-8, Nutrition Score:18.978260952493%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 443.12kcal (22.16%), Fat: 15.62g (24.03%), Saturated Fat: 7.08g (44.26%), Carbohydrates: 58.56g (19.52%), Net Carbohydrates: 54.52g (19.83%), Sugar: 14.33g (15.92%), Cholesterol: 38.77mg (12.92%), Sodium: 295.12mg (12.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.66%), Selenium: 30.69µg (43.84%), Phosphorus: 400.15mg (40.02%), Calcium: 387.94mg (38.79%), Manganese: 0.75mg (37.57%), Vitamin B2: 0.53mg (31%), Vitamin A: 1462.96IU (29.26%), Vitamin B1: 0.39mg (26.2%), Vitamin B12: 1.47µg (24.5%), Vitamin D: 3.1µg (20.67%), Magnesium: 73.66mg (18.42%), Fiber: 4.04g (16.15%), Folate: 64.17µg (16.04%), Potassium: 559.21mg (15.98%), Vitamin B5: 1.4mg (13.99%), Zinc: 2.05mg (13.69%), Vitamin B3: 2.31mg (11.56%), Vitamin B6: 0.22mg (11.17%), Copper: 0.22mg (10.86%), Iron: 1.68mg (9.33%), Vitamin E: 0.48mg (3.21%), Vitamin K: 2.27µg (2.16%), Vitamin C: 1.72mg (2.09%)