



Refrigerator Sweet Potato Rolls

 Vegetarian

READY IN



128 min.

SERVINGS



36

CALORIES



116 kcal

Ingredients

- ☐ 5 cups bread flour divided
- ☐ 0.5 cup brown sugar packed
- ☐ 1 teaspoon brown sugar
- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon butter melted
- ☐ 4.5 teaspoons yeast dry
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup warm milk 2% reduced-fat (100° to 110°)
- ☐ 1 tablespoon orange juice fresh

- ☐ 0.5 teaspoon orange rind grated
- ☐ 1 teaspoon orange rind grated
- ☐ 2 teaspoons salt
- ☐ 2 pounds sweet potatoes
- ☐ 0.5 cup warm water (100° to 110°)

Equipment

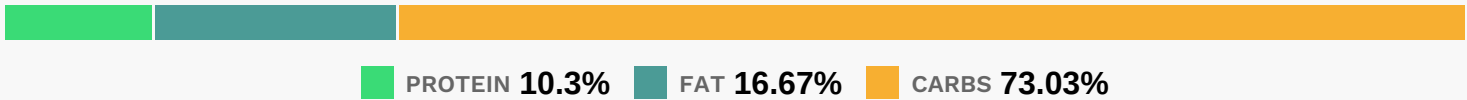
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 45
- ☐ Place sweet potatoes on a foil lined baking sheet; bake at 450 for 1 hour or until tender.
- ☐ Cut potatoes in half lengthwise; cool to touch.
- ☐ . While potatoes cool, dissolve yeast and 1 teaspoon brown sugar in warm water in a large bowl; let stand 5 minutes.
- ☐ Add milk and next 4 ingredients, stirring until sugar dissolves.
- ☐ Add egg; stir well.
- ☐ . Peel and mash sweet potatoes with a fork until smooth. Stir 1 1/2 cups potato into yeast mixture. Reserve remaining potato for another use.
- ☐ . Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 2 cups flour to yeast mixture; stir until smooth. Gradually stir in enough remaining flour to form a soft dough. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes), adding just enough remaining flour to prevent dough from sticking.

- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover with plastic wrap, and let rise in refrigerator at least 8 hours or up to 3 days, punching dough down as necessary when dough rises to top of bowl.
- ☐ . Coat 3 (9-inch) round cake pans with cooking spray. With lightly floured hands, shape dough into 36 (1 1/2-inch) balls.
- ☐ Place 12 balls in each pan, making sure balls do not touch. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ . Preheat oven to 37
- ☐ . Uncover rolls, and bake at 375 for 15 to 18 minutes or until golden.
- ☐ Combine 1 tablespoon butter, 1 teaspoon orange rind, and 1 tablespoon orange juice.
- ☐ Brush over warm rolls in pan.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.69, Glycemic Load:10.69, Inflammation Score:-9, Nutrition Score:6.37173895732222%

Flavonoids

Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 116.47kcal (5.82%), Fat: 2.15g (3.32%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 21.25g (7.08%), Net Carbohydrates: 19.96g (7.26%), Sugar: 4.47g (4.97%), Cholesterol: 9.79mg (3.26%), Sodium: 161.58mg (7.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Vitamin A: 3638.33IU (72.77%), Selenium: 7.68µg (10.98%), Manganese: 0.21mg (10.36%), Vitamin B1: 0.08mg (5.29%), Fiber: 1.29g (5.15%), Folate: 18.76µg (4.69%), Phosphorus: 39.13mg (3.91%), Vitamin B5: 0.38mg (3.77%), Copper: 0.08mg (3.75%), Vitamin B6: 0.07mg (3.54%), Potassium: 120.63mg (3.45%), Vitamin B2: 0.06mg (3.39%), Magnesium: 11.99mg (3%), Vitamin B3: 0.48mg (2.41%), Iron: 0.37mg (2.05%), Calcium: 20.42mg (2.04%), Zinc: 0.3mg (2%), Vitamin E: 0.2mg (1.31%), Vitamin C: 0.97mg (1.17%)