



## Rosemary Pull-Apart Dinner Rolls

 Vegetarian

READY IN



175 min.

SERVINGS



36

CALORIES



48 kcal

BREAD

### Ingredients

- 1 package active yeast dry
- 36 servings sea salt to taste
- 1 eggs
- 2 cups flour all-purpose
- 2 teaspoons rosemary leaves fresh minced
- 1 tablespoon honey
- 1 teaspoon milk
- 2 tablespoons olive oil

- 1 teaspoon salt
- 4 tablespoons butter unsalted
- 0.3 cup warm water ) (110 degrees F (43 degrees C)

## Equipment

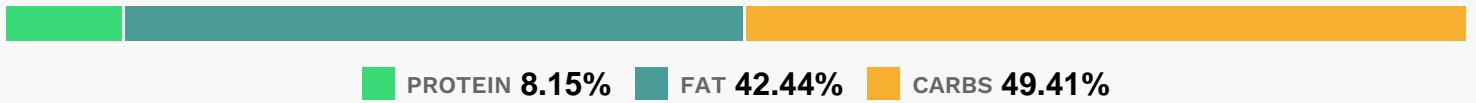
- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- plastic wrap
- stand mixer
- kitchen towels

## Directions

- Dissolve yeast in warm water in a small bowl. Set aside in a warm place until the yeast softens and begins to form a creamy foam, 10 to 15 minutes.
- Combine 1 cup milk and butter in a small saucepan over low heat. Cook until butter is melted, 3 to 4 minutes; remove pan from heat.
- Combine 2 cups flour, yeast mixture, honey, 1 teaspoon salt, rosemary, and milk mixture in the bowl of a stand mixer fitted with a dough hook; mix on low until no dry spots remain. Stir in 1/2 cup flour, 2 tablespoons at a time, mixing well after each addition. Continue adding flour until a firm dough forms that pulls away from the sides of the bowl. Knead on medium until elastic and soft but still tacky, about 6 minutes.
- Transfer dough to a clean bowl and coat with olive oil. Cover loosely with plastic wrap or a clean dish towel and let rise in a warm spot until doubled in size, about 1 1/2 hours.
- Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper or a silicone baking mat.
- Transfer dough to a work surface and shape into a rectangle about 1-inch thick.

- Cut into 36 equally-sized pieces. Form each piece into a ball, pinching the seams on the underside, creating a smooth, round top.
- Lightly beat egg with 1 teaspoon milk in a small bowl.
- Transfer dough balls to the prepared baking sheet in 3 rows of 12, placing them close together but not touching.
- Brush tops lightly with the egg mixture and sprinkle with sea salt. Cover and let rise in a warm place until nearly doubled, 20 to 30 minutes.
- Bake in the preheated oven until golden brown, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:4.59, Glycemic Load:4.09, Inflammation Score:-1, Nutrition Score:1.3943478125755%

## Nutrients (% of daily need)

Calories: 47.55kcal (2.38%), Fat: 2.24g (3.45%), Saturated Fat: 0.96g (6%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 5.64g (2.05%), Sugar: 0.51g (0.57%), Cholesterol: 7.91mg (2.64%), Sodium: 260.71mg (11.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin B1: 0.08mg (5.1%), Folate: 17.9µg (4.47%), Selenium: 2.77µg (3.95%), Vitamin B2: 0.05mg (2.86%), Manganese: 0.05mg (2.48%), Vitamin B3: 0.49mg (2.45%), Iron: 0.36mg (1.99%), Phosphorus: 11.7mg (1.17%), Vitamin E: 0.17mg (1.1%)