

Rosemary Pull-Apart Dinner Rolls

 Vegetarian

READY IN



175 min.

SERVINGS



36

CALORIES



54 kcal

BREAD

Ingredients

- 1 package active yeast dry
- 36 servings sea salt to taste
- 1 eggs
- 0.5 cup flour all-purpose or as needed
- 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

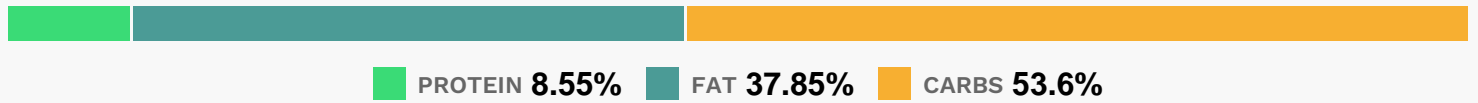
- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- plastic wrap
- stand mixer
- kitchen towels

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:6.67, Glycemic Load:5.05, Inflammation Score:-1, Nutrition Score:1.6334782745689%

Nutrients (% of daily need)

Calories: 53.87kcal (2.69%), Fat: 2.26g (3.48%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 7.2g (2.4%), Net Carbohydrates: 6.91g (2.51%), Sugar: 0.51g (0.57%), Cholesterol: 7.91mg (2.64%), Sodium: 260.74mg (11.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin B1: 0.09mg (6.01%), Folate: 21.07µg (5.27%), Selenium: 3.36µg (4.8%), Vitamin B2: 0.06mg (3.36%), Manganese: 0.06mg (3.07%), Vitamin B3: 0.59mg (2.97%), Iron: 0.44mg (2.43%), Phosphorus: 13.57mg (1.36%), Fiber: 0.29g (1.15%), Vitamin E: 0.17mg (1.11%)