

Rye Walnut Rolls

 Vegetarian

READY IN



300 min.

SERVINGS



24

CALORIES



175 kcal

BREAD

Ingredients

- ☐ 2 teaspoons yeast dry (from a)
- ☐ 0.5 teaspoon pepper black
- ☐ 1 large water with 1 tablespoon water for egg wash beaten
- ☐ 5.5 cups flour all-purpose plus more for kneading and dusting
- ☐ 1 tablespoon honey
- ☐ 0.5 cup olive oil
- ☐ 1 cup onion chopped
- ☐ 0.3 cup poppy seeds

- ☐ 1 cup rye flour
- ☐ 1 tablespoon salt divided
- ☐ 0.8 cup walnuts cooled toasted coarsely chopped
- ☐ 0.3 cup water (105–115°F)
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ sieve
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ kitchen towels
- ☐ spatula

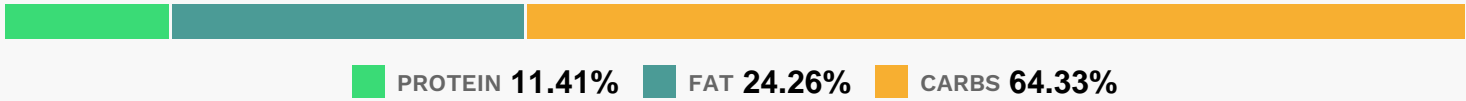
Directions

- ☐ Line 2 large baking sheets with parchment paper. 3Cook onion with 1/4 teaspoon salt in oil in a 10-inch skillet over medium heat, stirring occasionally, until softened, 4 to 5 minutes.
- ☐ Drain onions in a sieve set over a bowl, reserving onions. Stir milk into onion oil in bowl.
- ☐ Stir together yeast, warm water, and honey in a large bowl and let stand until foamy, about 5 minutes. (If mixture doesn't foam, start over with new yeast.)
- ☐ Mix flours, pepper, milk mixture, and remaining 2 3/4 teaspoons salt into yeast mixture with a wooden spoon or rubber spatula until a soft dough forms. Turn out dough onto a floured surface and knead, dusting surface and your hands with just enough flour to keep dough from sticking, until dough is elastic and smooth, about 6 minutes.
- ☐ Pat dough into a 9-inch square and sprinkle with onions and walnuts. Fold dough over to enclose filling and pinch edges to seal. Knead to distribute onion and nuts throughout dough,

dusting with just enough flour to keep dough from sticking, about 2 minutes. (Dough will be lumpy; if any nuts or pieces of onion pop out, just push them back in.)

- ☐ Put dough in an oiled large bowl and turn to coat. Cover bowl with plastic wrap and a kitchen towel and let dough rise in a draft-free place at warm room temperature until doubled, 1 1/2 to 2 hours.
- ☐ Punch down dough (do not knead), then halve.
- ☐ Roll half of dough on a lightly floured surface with lightly floured hands into a 12-inch-long log (keep remaining half covered with plastic wrap).
- ☐ Cut log into 12 equal pieces and roll each into a ball by cupping your hand and pushing dough against work surface as you roll in a circular motion. Arrange rolls 2 inches apart on a baking sheet. Cover rolls with a kitchen towel (not terry cloth). Make more rolls with remaining dough, arranging and covering them on second sheet.
- ☐ Let dough rise in a draft-free place at warm room temperature until doubled, 1 to 1 1/2 hours.
- ☐ Preheat oven to 375°F with racks in upper and lower thirds.
- ☐ Brush rolls with egg wash and sprinkle with nigella seeds.
- ☐ Bake, switching position of sheets halfway through, until golden brown, 20 to 25 minutes.
- ☐ Transfer rolls to a rack and cool at least 20 minutes.
- ☐ Rolls are best the day they're made but can be frozen (cool completely, then wrap well) 1 month. Thaw, then reheat on a baking sheet in a 350°F oven until warmed through, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:10.39, Glycemic Load:16.75, Inflammation Score:-4, Nutrition Score:7.0969565795816%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 174.91kcal (8.75%), Fat: 4.74g (7.29%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 26.37g (9.59%), Sugar: 2.23g (2.48%), Cholesterol: 2.44mg (0.81%), Sodium: 300.04mg (13.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.03%), Manganese: 0.51mg (25.48%), Vitamin B1: 0.3mg (20.1%), Folate: 65.66µg (16.42%), Selenium: 11.09µg (15.85%), Vitamin B2: 0.19mg (11.38%), Vitamin B3: 1.95mg (9.75%), Iron: 1.68mg (9.33%), Phosphorus: 86.44mg (8.64%), Fiber: 1.92g (7.67%), Copper: 0.14mg (6.8%), Magnesium: 21.75mg (5.44%), Calcium: 51.03mg (5.1%), Zinc: 0.61mg (4.05%), Vitamin B6: 0.07mg (3.54%), Potassium: 113.95mg (3.26%), Vitamin B5: 0.29mg (2.91%), Vitamin B12: 0.11µg (1.83%), Vitamin E: 0.26mg (1.76%), Vitamin D: 0.22µg (1.49%), Vitamin K: 1.13µg (1.08%)