



## Sage Dinner Rolls



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

BREAD

## Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2.3 teaspoons yeast dry
- ☐ 11.3 ounces flour all-purpose divided
- ☐ 3 tablespoons sage fresh minced
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons olive oil
- ☐ 1.5 teaspoons salt
- ☐ 1.3 cups water (100° to 110°)

☐ 4.8 ounces flour whole wheat

## Equipment

☐ bowl

☐ baking sheet

☐ baking paper

☐ oven

☐ knife

☐ wire rack

☐ measuring cup

## Directions

☐ Dissolve yeast and honey in warm water in a large bowl; let stand 5 minutes.

☐ Lightly spoon flours into dry measuring cups; level with a knife.

☐ Combine 2 1/4 cups all-purpose flour, wheat flour, sage, salt, and pepper.

☐ Add flour mixture and oil to yeast mixture; stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes).

☐ Add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.

☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes.

☐ Divide dough into 12 equal portions, shaping each into a ball (cover remaining to prevent drying).

☐ Place balls 2 inches apart on a large baking sheet covered with parchment paper.

☐ Cut a deep (1/4-inch) X in the top of each roll using kitchen shears or a sharp knife. Cover and let rise for 30 minutes or until doubled in size.

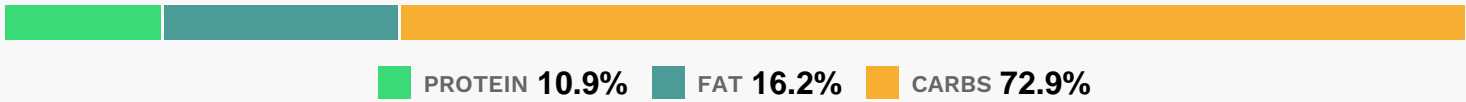
☐ Preheat oven to 35

☐ Bake at 350 for 20 minutes or until puffed and beginning to brown.

☐

Remove from baking sheet; cool on wire rack.

# Nutrition Facts



## Properties

Glycemic Index:13.27, Glycemic Load:15.43, Inflammation Score:-4, Nutrition Score:11.953478369052%

## Nutrients (% of daily need)

Calories: 165.02kcal (8.25%), Fat: 3g (4.61%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 30.32g (10.11%), Net Carbohydrates: 28.12g (10.23%), Sugar: 1.55g (1.73%), Cholesterol: 0mg (0%), Sodium: 293.17mg (12.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.07%), Copper: 4.64mg (231.96%), Manganese: 0.8mg (39.81%), Selenium: 16.01µg (22.87%), Vitamin B1: 0.33mg (22.24%), Folate: 67.27µg (16.82%), Vitamin B3: 2.36mg (11.81%), Vitamin B2: 0.18mg (10.34%), Iron: 1.84mg (10.25%), Fiber: 2.2g (8.79%), Phosphorus: 73.17mg (7.32%), Magnesium: 24.45mg (6.11%), Zinc: 0.56mg (3.73%), Vitamin B6: 0.07mg (3.33%), Vitamin E: 0.43mg (2.88%), Vitamin B5: 0.26mg (2.65%), Potassium: 82.69mg (2.36%), Calcium: 19.04mg (1.9%), Vitamin K: 1.77µg (1.68%)