



HEALTH SCORE

69%

Squash Cloverleaf Rolls



Very Healthy

READY IN



180 min.

SERVINGS



2

CALORIES



1455 kcal

Ingredients

- ☐ 1 cup milk
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon salt
- ☐ 1 package yeast dry quick
- ☐ 0.3 cup water (105°F to 115°F)
- ☐ 1 cup winter squash canned cooked mashed (1 medium)
- ☐ 4.5 cups flour all-purpose

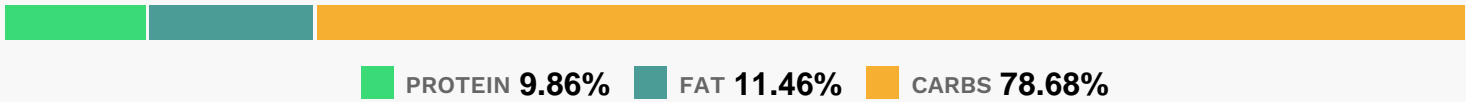
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat milk, sugar, butter and salt in 1-quart saucepan until butter is melted; cool to lukewarm. Dissolve yeast in warm water in large bowl. Stir in milk mixture, squash and 2 cups of the flour. Beat with spoon until smooth. Stir in enough remaining flour to make dough easy to handle.
- ☐ Turn dough onto lightly floured surface. Knead about 5 minutes or until smooth and elastic.
- ☐ Place in greased bowl; turn greased side up. Cover and let rise in warm place about 1 1/2 hours or until double (Dough is ready if indentation remains when touched.)
- ☐ Grease 24 regular-size muffin cups. Punch down dough. Shape into 1-inch balls.
- ☐ Place 3 balls in each muffin cup. Cover and let rise in warm place 30 to 45 minutes or until double.
- ☐ Heat oven to 400°F.
- ☐ Bake 15 to 20 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:91.55, Glycemic Load:192.34, Inflammation Score:-10, Nutrition Score:48.377825965052%

Nutrients (% of daily need)

Calories: 1454.72kcal (72.74%), Fat: 18.47g (28.42%), Saturated Fat: 5.1g (31.89%), Carbohydrates: 285.52g (95.17%), Net Carbohydrates: 274.61g (99.86%), Sugar: 59.13g (65.7%), Cholesterol: 14.64mg (4.88%), Sodium: 1355.24mg (58.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.78g (71.56%), Vitamin A: 13273.07IU (265.46%), Vitamin B1: 2.78mg (185.39%), Folate: 628.67µg (157.17%), Selenium: 98.83µg (141.19%), Manganese: 2.18mg (108.89%), Vitamin B2: 1.74mg (102.12%), Vitamin B3: 19.56mg (97.81%), Iron: 13.99mg (77.72%), Phosphorus: 491.52mg (49.15%), Fiber: 10.9g (43.6%), Vitamin C: 24.88mg (30.16%), Magnesium: 119.37mg (29.84%), Potassium: 940.88mg (26.88%), Vitamin B5: 2.64mg (26.44%), Copper: 0.52mg (25.79%), Calcium: 256.39mg (25.64%), Vitamin B6: 0.43mg (21.71%), Zinc: 2.94mg (19.57%), Vitamin E: 2.37mg (15.78%), Vitamin B12: 0.68µg (11.25%),

Vitamin D: 1.34µg (8.95%), Vitamin K: 2.53µg (2.4%)