





Squash Pull-apart Dinner Rolls

READY IN




45 min.

SERVINGS



24

CALORIES



128 kcal

BREAD

Ingredients

- 2 tablespoons butter melted plus more for pan
- 2.3 teaspoons yeast dry
- 1 eggs lightly beaten
- 4 cups flour all-purpose
- 1.5 cups milk
- 1 tablespoon salt
- 2 teaspoons sesame seed
- 0.8 cup pumpkin puree canned
- 2 tablespoons sugar

- 5 tablespoons shortening

Equipment



- bowl
- baking sheet
- oven
- plastic wrap
- wooden spoon

Directions

- In a large bowl, combine milk with yeast, sugar, and salt.
- Let stand 5 minutes, then add egg and beat well to combine.
- Add squash and shortening; mash with a fork until shortening is in small pieces.
- Add 1 1/2 cups flour and mix well with a wooden spoon. Gradually mix in more flour by the cupful until dough collects around spoon and pulls away from sides of bowl (you may not need all the flour).
- Transfer to a lightly floured surface and knead 2 minutes. Put dough in a greased bowl; cover with a towel.
- Let rise in a warm place until doubled in size, 1 to 1 1/2 hours.
- Preheat oven to 400 and butter a large baking sheet. Punch dough down, turn out onto a lightly floured work surface, and knead until dough is smooth and supple, about 7 minutes.
- Cut dough into 4 balls; cut each ball into 6 pieces.
- Roll each piece into a round and arrange rounds on baking sheet so they barely touch.
- Brush with melted butter and sprinkle with poppy seeds; cover with plastic wrap and let rise 30 minutes.
- Bake until golden brown, about 20 minutes.
- Let cool, then pull apart to serve.

Nutrition Facts



 PROTEIN **9.8%**  FAT **32.51%**  CARBS **57.69%**

Properties

Glycemic Index:11.17, Glycemic Load:12.48, Inflammation Score:-7, Nutrition Score:5.4047826373059%

Nutrients (% of daily need)

Calories: 127.9kcal (6.39%), Fat: 4.61g (7.09%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 18.4g (6.13%), Net Carbohydrates: 17.52g (6.37%), Sugar: 2.05g (2.28%), Cholesterol: 11.16mg (3.72%), Sodium: 307.67mg (13.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.25%), Vitamin A: 1255.32IU (25.11%), Vitamin B1: 0.21mg (13.91%), Folate: 46.93µg (11.73%), Selenium: 8.04µg (11.49%), Vitamin B2: 0.15mg (8.77%), Manganese: 0.16mg (8.02%), Vitamin B3: 1.4mg (7%), Iron: 1.14mg (6.34%), Phosphorus: 47.4mg (4.74%), Fiber: 0.88g (3.53%), Calcium: 27.11mg (2.71%), Vitamin K: 2.84µg (2.7%), Vitamin B5: 0.27mg (2.66%), Copper: 0.05mg (2.4%), Magnesium: 9.17mg (2.29%), Vitamin E: 0.31mg (2.08%), Potassium: 67.39mg (1.93%), Zinc: 0.28mg (1.89%), Vitamin B12: 0.1µg (1.68%), Vitamin B6: 0.03mg (1.58%), Vitamin D: 0.2µg (1.36%)