



## Sweet Potato Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



131 kcal

BREAD

### Ingredients

- 0.3 ounce active yeast dry
- 2 eggs
- 3.5 cups flour all-purpose
- 3 tablespoons butter softened
- 1 teaspoon salt
- 0.5 cup sweet potato puree canned
- 0.5 cup warm water (110 degrees F/45 degrees C)
- 4 tablespoons sugar white

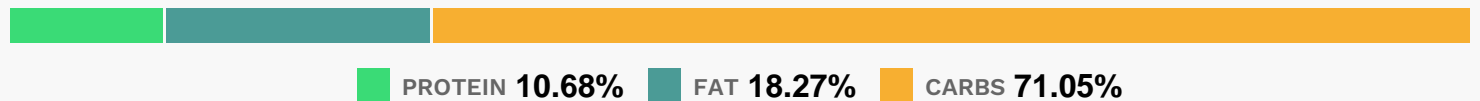
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- mixing bowl

## Directions

- Dissolve yeast, warm water, and 1 tablespoon sugar in a mixing bowl.
- Let stand 5 minutes.
- Add remaining sugar, sweet potato, butter or margarine, salt, and slightly beaten eggs. Stir to mix well. Stir in 3 cups of flour. Turn out on a lightly floured surface. Knead 2 to 3 minutes, adding just enough of remaining flour to prevent sticking. Do not knead too heavily; when smooth, shape into a ball.
- Place in an oiled bowl, and turn to coat the surface. Cover, and let raise about 1 hour or longer.
- Punch down, and allow dough to rest for 2 minutes. Divide into 16 to 20 balls, and place on a greased cookie sheet or in a 9x13 inch pan. Allow to rise until doubled.
- Bake at 375 degrees F (190 degrees C) for 12 to 20 minutes.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:8.06, Glycemic Load:15.28, Inflammation Score:-8, Nutrition Score:6.1299999485845%

## Nutrients (% of daily need)

Calories: 130.79kcal (6.54%), Fat: 2.63g (4.05%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 23.03g (7.68%), Net Carbohydrates: 22.01g (8.01%), Sugar: 3.25g (3.61%), Cholesterol: 18.19mg (6.06%), Sodium: 161.98mg (7.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.93%), Vitamin A: 1604.6IU (32.09%), Vitamin B1: 0.24mg (16.31%), Folate: 56.48µg (14.12%), Selenium: 9.8µg (14%), Manganese: 0.21mg (10.37%), Vitamin B2: 0.17mg

(9.87%), Vitamin B3: 1.71mg (8.57%), Iron: 1.28mg (7.1%), Phosphorus: 43.17mg (4.32%), Fiber: 1.02g (4.08%), Vitamin B5: 0.31mg (3.05%), Copper: 0.05mg (2.7%), Vitamin B6: 0.05mg (2.37%), Potassium: 74.52mg (2.13%), Magnesium: 8.39mg (2.1%), Zinc: 0.29mg (1.94%), Vitamin C: 1.53mg (1.85%), Vitamin E: 0.19mg (1.29%), Calcium: 10.46mg (1.05%)