

Tender Potato Rolls

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



36

CALORIES



93 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 1 eggs lightly beaten
- 6 cups flour all-purpose
- 0.3 cup honey
- 1 medium potatoes diced peeled
- 1.5 teaspoons salt
- 1 tablespoon vegetable oil
- 2 cups water

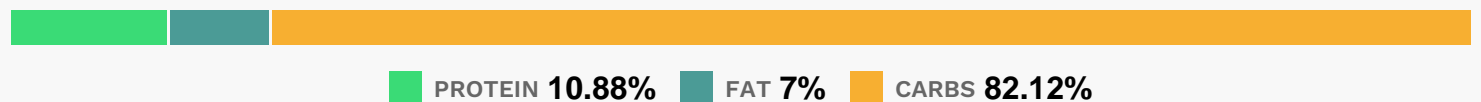
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Place potatoes in a small saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 10–15 minutes or until tender.
- Drain, reserving cooking liquid. Set cooking liquid aside to cool to 110°–115°. Mash potato (don't add milk or butter); set aside.
- In a large bowl, dissolve yeast in warm cooking liquid.
- Add the honey, oil, salt, egg, 4 cups flour and mashed potato. Beat until smooth. Stir in enough remaining flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, about 7–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down. Turn onto a lightly floured surface; divide into 36 pieces. Shape each into a ball.
- Place in a greased 15-in. x 10-in. x 1-in. baking pan. Cover and let rise until doubled, about 30 minutes.
- Bake at 375° for 20–25 minutes or until golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.86, Glycemic Load:13.27, Inflammation Score:-2, Nutrition Score:3.5273912743382%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 93.27kcal (4.66%), Fat: 0.72g (1.11%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 18.21g (6.62%), Sugar: 2.04g (2.27%), Cholesterol: 4.55mg (1.52%), Sodium: 100.25mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin B1: 0.19mg (12.69%), Folate: 44.3µg (11.07%), Selenium: 7.49µg (10.7%), Manganese: 0.15mg (7.71%), Vitamin B2: 0.12mg (7.01%), Vitamin B3: 1.38mg (6.88%), Iron: 1.05mg (5.83%), Fiber: 0.75g (3%), Phosphorus: 29.64mg (2.96%), Copper: 0.04mg (2.06%), Vitamin B6: 0.03mg (1.61%), Magnesium: 6.38mg (1.59%), Vitamin B5: 0.16mg (1.56%), Potassium: 52.01mg (1.49%), Vitamin C: 1.18mg (1.43%), Zinc: 0.2mg (1.34%)