



Two-Seed Checkerboard Dinner Rolls

 Dairy Free

READY IN



185 min.

SERVINGS



15

CALORIES



160 kcal

Ingredients

- ☐ 3 tablespoons butter softened
- ☐ 1 eggs
- ☐ 1 egg whites
- ☐ 1.5 cups flour whole wheat
- ☐ 0.3 cup honey
- ☐ 2 tablespoons poppy seeds
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons sesame seed
- ☐ 1 cup water (120°F to 130°F)

- ☐ 1 teaspoon water
- ☐ 1 package yeast dry
- ☐ 2 cups bread flour all-purpose for bread flour or gold flour

Equipment

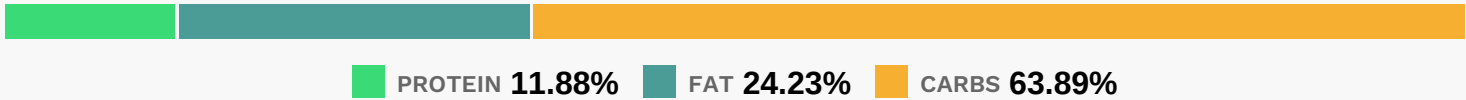
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ In large bowl, mix bread flour, honey, salt and yeast.
- ☐ Add warm water, butter and egg. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in enough whole wheat flour to make dough easy to handle.
- ☐ On lightly floured surface, knead dough about 5 minutes or until dough is smooth and springy. Grease large bowl with shortening or spray with cooking spray.
- ☐ Place dough in bowl, turning dough to grease all sides. Cover bowl loosely with plastic wrap; let rise in warm place about 1 hour or until it doubles in size. Dough is ready if indentation remains when touched.
- ☐ Grease bottom and sides of 13x9-inch pan with shortening or spray with cooking spray. In small bowl, mix egg white and 1 teaspoon water with fork. Gently push fist into dough to deflate. Divide dough into 15 equal pieces. Shape each piece into a ball.
- ☐ Brush top of each ball with egg white mixture. Dip tops of 8 balls into sesame seed and tops of 7 balls into poppy seed. Arrange seed side up in checkerboard pattern in pan. Cover pan loosely with plastic wrap; let rise in warm place 45 to 60 minutes or until the balls double in size.
- ☐ Heat oven to 375F.
- ☐ Bake 17 to 21 minutes or until golden brown.

- ☐ Remove from pan to cooling rack.
- ☐ Serve warm or cooled.

Nutrition Facts



Properties

Glycemic Index:10.62, Glycemic Load:10.33, Inflammation Score:-3, Nutrition Score:6.5804347459065%

Nutrients (% of daily need)

Calories: 160.49kcal (8.02%), Fat: 4.44g (6.83%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 24.1g (8.76%), Sugar: 4.81g (5.34%), Cholesterol: 10.91mg (3.64%), Sodium: 191.25mg (8.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Manganese: 0.75mg (37.37%), Selenium: 16.13µg (23.04%), Vitamin B1: 0.15mg (9.96%), Fiber: 2.24g (8.97%), Phosphorus: 89.46mg (8.95%), Copper: 0.17mg (8.69%), Magnesium: 31.57mg (7.89%), Folate: 25.84µg (6.46%), Iron: 1.02mg (5.67%), Vitamin B3: 1.04mg (5.22%), Zinc: 0.76mg (5.08%), Vitamin B2: 0.08mg (4.65%), Calcium: 43.12mg (4.31%), Vitamin B6: 0.08mg (4.22%), Vitamin B5: 0.27mg (2.68%), Potassium: 92.25mg (2.64%), Vitamin A: 117.55IU (2.35%), Vitamin E: 0.29mg (1.96%)