



Vanilla Cloverleaf Sweet Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



130 kcal

Ingredients

- ☐ 12 servings dough sweet
- ☐ 12 servings strawberry jam
- ☐ 2 tablespoons sugar (rounded)
- ☐ 1 tablespoon butter unsalted melted
- ☐ 1 vanilla pod split
- ☐ 1 tablespoon milk whole ()

Equipment

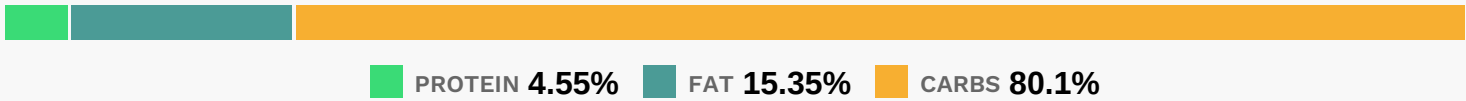
- ☐ baking sheet
- ☐ oven

☐ muffin tray

Directions

- ☐ Follow directions for Master
- ☐ Sweet Dough, scraping in seedsfrom vanilla bean as directed.
- ☐ Coat muffin pan cups withmelted butter. Punch downdough; divide in half.
- ☐ Roll halfof dough on a lightly flouredsurface into a 12"-long log(cover remaining dough withplastic wrap).
- ☐ Cut log into6 equal pieces.
- ☐ Cut 1 pieceinto 3 equal pieces.
- ☐ Roll eachthird into a 1" ball by cuppingyour hand and pushing doughagainst work surface as youroll it in a circular motion.
- ☐ Place3 balls side by side in 1 muffincup. Repeat with remainingpieces, then with remaining halfof dough.
- ☐ Loosely cover pan withplastic wrap or a kitchen toweland let sit in a warm, draft-freearea until dough rises about 1"above rim of muffin pan, 1-1 1/2hours.
- ☐ Arrange a rack in middle ofoven; preheat to 375°F.
- ☐ Brushtops of rolls with milk, thensprinkle each with 1/2 teaspoon sugar.
- ☐ Bake until puffed and goldenbrown, 18-20 minutes.
- ☐ Letcool completely. Store airtightin freezer for up to 1 month.
- ☐ Let thaw at room temperature.Reheat on a baking sheet ina 350°F oven until warm, 5-10minutes.
- ☐ Serve sweet rolls warmor at room temperature with
- ☐ Strawberry Jam.

Nutrition Facts



Properties

Glycemic Index:16.76, Glycemic Load:12.54, Inflammation Score:-1, Nutrition Score:2.233913027074%

Nutrients (% of daily need)

Calories: 130.2kcal (6.51%), Fat: 2.21g (3.4%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 25.93g (8.64%), Net Carbohydrates: 25.35g (9.22%), Sugar: 11.79g (13.1%), Cholesterol: 2.66mg (0.89%), Sodium: 98.79mg (4.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Vitamin B1: 0.11mg (7.12%), Selenium: 4.87µg (6.96%), Manganese: 0.1mg (4.93%), Vitamin B2: 0.08mg (4.85%), Folate: 18.95µg (4.74%), Iron: 0.71mg (3.94%), Vitamin B3: 0.78mg (3.91%), Fiber: 0.58g (2.32%), Vitamin C: 1.76mg (2.13%), Copper: 0.04mg (1.98%), Phosphorus: 19.59mg (1.96%)