



Walnut, Hazelnut and Golden Raisin Wheat Rolls

 Vegetarian  Vegan  Dairy Free

READY IN



230 min.

SERVINGS



18

CALORIES



238 kcal

BREAD

Ingredients

- 1 package yeast dry
- 0.8 cup golden raisins
- 0.8 cup hazelnuts coarsely chopped (filberts)
- 2.5 teaspoons salt
- 0.8 cup walnut pieces coarsely chopped toasted
- 2.5 cups water
- 18 servings water

- 0.8 cup flour whole wheat gold medal®
- 5.5 cups bread flour for bread flour gold medal®

Equipment

- bowl
- baking sheet
- oven
- plastic wrap

Directions

- In medium bowl, mix 2 cups of the bread flour and the yeast. Stir in 1 1/2 cups of the warm water to form a loose starter dough.
- Let rest 15 to 30 minutes. In small bowl, mix raisins and remaining 1 cup warm water.
- Let stand 15 minutes.
- Meanwhile, grease cookie sheets with shortening. In large bowl, mix 3 1/2 cups of the remaining bread flour, whole wheat flour and salt.
- Stir raisins with water into starter dough until well mixed.
- Add starter mixture to whole wheat flour mixture; stir until soft dough forms. Turn dough out onto floured surface; knead 10 to 12 minutes, adding 1/2 to 1 cup flour until dough is smooth and elastic. Dough will be slightly sticky. Knead nuts into dough.
- Spray large bowl with cooking spray.
- Place dough in bowl; cover loosely with sprayed plastic wrap and cloth towel.
- Let rise in warm place (80°F to 85°F) until doubled in size, about 1 1/2 hours.
- Punch down dough several times to remove all air bubbles. Divide dough into 18 pieces. Shape each piece into a ball; place on cookie sheets. Cover; let rise until doubled in size, about 1 hour.
- Heat oven to 425°F. Uncover dough; brush tops of rolls lightly with water.
- Bake 17 to 22 minutes or until golden brown.

Nutrition Facts



■ PROTEIN 11.68% ■ FAT 26.08% ■ CARBS 62.24%

Properties

Glycemic Index:8.81, Glycemic Load:20.65, Inflammation Score:-2, Nutrition Score:8.0821740418349%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 237.67kcal (11.88%), Fat: 7.03g (10.82%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 37.77g (12.59%), Net Carbohydrates: 35.16g (12.79%), Sugar: 4.06g (4.51%), Cholesterol: 0mg (0%), Sodium: 338.34mg (14.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Manganese: 1mg (50.08%), Selenium: 18.69µg (26.69%), Copper: 0.32mg (16.03%), Fiber: 2.61g (10.44%), Vitamin B1: 0.15mg (9.85%), Phosphorus: 95.69mg (9.57%), Magnesium: 37.28mg (9.32%), Folate: 34.51µg (8.63%), Vitamin E: 0.98mg (6.53%), Vitamin B6: 0.11mg (5.71%), Iron: 1.02mg (5.67%), Zinc: 0.81mg (5.37%), Vitamin B3: 1mg (5%), Potassium: 160.69mg (4.59%), Vitamin B2: 0.07mg (4.19%), Vitamin B5: 0.33mg (3.32%), Calcium: 29.51mg (2.95%), Vitamin K: 1.26µg (1.2%)