



## Whole Wheat Dinner Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



143 kcal

### Ingredients

- ☐ 2.3 teaspoons yeast dry (from two)
- ☐ 1 large egg whites with 1 tablespoon water (for glaze)
- ☐ 1 large egg yolk
- ☐ 3 cups flour whole wheat white ()
- ☐ 0.3 cup skim milk powder dry
- ☐ 0.8 cup potatoes instant mashed
- ☐ 3 tablespoons oats
- ☐ 1.3 teaspoons salt
- ☐ 3 tablespoons sugar

- ☐ 0.3 cup butter unsalted room temperature ()
- ☐ 0.8 cup water
- ☐ 0.8 cup milk whole

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ kitchen towels

## Directions

- ☐ Bring 3/4 cup whole milk and 3/4 cup water to simmer in small saucepan.
- ☐ Remove from heat.
- ☐ Add butter; stir until melted. Attach instant-read thermometer to inside of pan; let milk cool until thermometer registers 120°F to 130°F.
- ☐ Meanwhile, combine 3 cups flour, potato flakes, dry milk powder, sugar, yeast, and salt in large bowl; whisk to blend.
- ☐ Add warm milk mixture. Stir to blend; mix in egg yolk. Knead mixture in bowl until dough comes together (dough will be sticky). Turn out onto floured work surface and knead until very smooth, elastic, and no longer sticky, adding more flour by tablespoonfuls as needed, about 8 minutes.
- ☐ Place dough in buttered bowl; turn to coat. Cover bowl with plastic wrap, then kitchen towel.

- ☐ Let rise in warm draft-free area until doubled in volume, about 1 to 1 1/2 hours.
- ☐ Butter 13x9x2-inch metal baking pan or small baking sheet. Turn dough out onto floured work surface and divide in half. Knead each piece lightly until smooth.
- ☐ Cut each dough half into 8 equal pieces.
- ☐ Roll each piece into almost smooth ball. Arrange dough rounds in 4 lengthwise and 4 crosswise rows in prepared pan, spacing about 3/4 to 1 inch apart (rolls will not fill pan). Cover shaped rolls with kitchen towel and let rise in warm draft-free area until rolls have almost doubled in volume and have expanded enough to touch each other, about 1 hour 15 minutes.
- ☐ Position rack in center of oven and preheat to 350°F. Gently brush rolls with egg-white glaze, then sprinkle generously with oats.
- ☐ Bake dinner rolls until light golden brown, about 28 minutes.
- ☐ Let rolls cool in pan 5 minutes, then pull rolls apart and cool on rack at least 15 minutes.
- ☐ A LITTLE AHEAD: Can be made 8 hours ahead. Cool rolls completely, then wrap in foil and let stand at room temperature. Rewarm foil-wrapped rolls in 350°F oven about 10 minutes, if desired, or serve at room temperature.
- ☐ FURTHER AHEAD: Can be made and then frozen up to 2 weeks ahead. Wrap in foil, then place in resealable plastic bag.
- ☐ \*White whole wheat flour is milled from 100 percent hard white wheat. It contains all of the germ and bran (and nutritional value) of regular whole wheat, but has a naturally lighter color and milder flavor. It's available at some supermarkets and specialty foods stores and from [kingarthurfLOUR.com](http://kingarthurfLOUR.com).

## Nutrition Facts



## Properties

Glycemic Index:10.82, Glycemic Load:2.2, Inflammation Score:-2, Nutrition Score:3.2508695954862%

## Nutrients (% of daily need)

Calories: 142.71kcal (7.14%), Fat: 4.05g (6.23%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 20.13g (7.32%), Sugar: 3.9g (4.34%), Cholesterol: 20.85mg (6.95%), Sodium: 204.14mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.08%), Fiber: 2.66g (10.64%), Vitamin B1: 0.1mg (6.55%), Calcium: 56.95mg (5.69%), Vitamin B2: 0.08mg (4.89%), Phosphorus: 47.33mg (4.73%), Selenium: 2.58µg (3.69%), Iron: 0.66mg (3.68%), Folate: 14.57µg (3.64%), Potassium: 120.01mg (3.43%), Vitamin A: 163.65IU (3.27%),

Vitamin D: 0.44µg (2.95%), Vitamin C: 2.41mg (2.92%), Manganese: 0.06mg (2.83%), Vitamin B12: 0.17µg (2.77%),  
Vitamin B5: 0.27mg (2.75%), Vitamin B6: 0.05mg (2.32%), Magnesium: 9.03mg (2.26%), Vitamin B3: 0.4mg (1.98%),  
Zinc: 0.24mg (1.63%)