



Whole Wheat Dinner Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



19

CALORIES



156 kcal

BREAD

Ingredients

- 1 cup water
- 0.3 cups cracked wheat
- 2 teaspoons yeast dry
- 0.3 teaspoons granulated sugar
- 0.3 cups water
- 2 Tablespoons butter
- 1 Tablespoon salt
- 2 Tablespoons blackstrap molasses

- 2 Tablespoons honey
- 2 Tablespoons wheat germ
- 1 cup milk
- 3 cups flour whole wheat
- 2 cups flour all-purpose
- 1 egg whites whole for egg wash

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- wire rack
- blender
- plastic wrap
- hand mixer
- kitchen towels
- dutch oven

Directions

- In a small saucepan, bring the 1 cup water and the Coaches Oats to a boil, turn down to medium low and simmer for about 6 minutes.
- Remove from heat and cool to lukewarm.
- Dissolve the yeast in a medium sized bowl with 1/3 cup warm water and the sugar. Stir together, then let sit 10 minutes.
- Add the Coach Oats mixture to yeast mixture and add the butter, salt, molasses, honey, wheat germ and milk to the bowl of an electric mixer and with the paddle attachment, mix together to combine.
- Add the one cup of whole wheat flour and two cups of the all purpose flour.

- Mix until well combined. Clean off the paddle attachment, scrape the sides of the bowl and add the dough attachment to the mixer.
- With the mixer going on low speed, add the remaining whole wheat flour a little at a time until the dough starts coming together.
- After two of the remaining cups are added, let the mixer knead the dough for a minute or so. If it is still sticking to the sides, add about 1/4 cup more flour, let it mix. Keep adding a little flour at a time until the ball of dough no longer sticks to the sides.
- Let it knead for 8-10 minutes on medium-low speed.
- Remove the bowl from the mixer.
- Take the dough out of the bowl and spray it with cooking spray. Return the ball of dough to the bowl, cover it with a towel or plastic wrap and let sit in a warm, dry place for an hour until doubled in size (mine took almost 2 hours).
- Punch down the dough and make 2.50 ounce sized balls of dough you'll get about 19 rolls. Set them on a baking sheet and cover with a tea towel.
- Let them rise for about 45 minutes.
- During the last 20 minutes of rise time, preheat oven to 375 degrees.
- Fill a dutch oven or oven safe pot with water and place on the lowest shelf of the oven, this will add steam in the oven.
- Brush each roll with egg wash.
- Bake the rolls for 17-23 minutes (you may have to do this in two batches, unless you have a huge oven).
- Let the rolls sit on the baking sheet sit for a few minutes, then remove rolls from pan and place on a wire rack to cool completely.
- NOTE: Due to the molasses, the rolls will have a brown tone, so when your baking them, make sure the bottom has a light brown color to them, at first I thought I was over cooking the rolls, and I wasn't, 19 minutes seemed to be perfect amount of time.
- Serving Size: 19 2.5 oz rolls
- Calories per roll: 145, Fat: 1.2, Cholesterol: .03, Sodium: 20, Potassium: 117, Carbs: 29, Fiber: 3, Sugar: 3.8, Protein: 4.9

Nutrition Facts



■ PROTEIN 12.48% ■ FAT 13.46% ■ CARBS 74.06%

Properties

Glycemic Index:17.33, Glycemic Load:9.17, Inflammation Score:-3, Nutrition Score:8.3369565217391%

Taste

Sweetness: 100%, Saltiness: 78.05%, Sourness: 27.23%, Bitterness: 41.4%, Savoriness: 32.38%, Fattiness: 70.8%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 155.87kcal (7.79%), Fat: 2.41g (3.71%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 29.89g (9.96%), Net Carbohydrates: 27.04g (9.83%), Sugar: 4.18g (4.65%), Cholesterol: 4.71mg (1.57%), Sodium: 386.73mg (16.81%), Protein: 5.04g (10.07%), Manganese: 0.97mg (48.7%), Selenium: 17.62µg (25.18%), Vitamin B1: 0.25mg (16.9%), Fiber: 2.85g (11.39%), Phosphorus: 111.29mg (11.13%), Folate: 41.86µg (10.46%), Vitamin B3: 1.93mg (9.63%), Magnesium: 37.47mg (9.37%), Iron: 1.53mg (8.53%), Vitamin B2: 0.14mg (8.14%), Vitamin B6: 0.12mg (5.9%), Copper: 0.12mg (5.86%), Zinc: 0.75mg (5%), Potassium: 154.9mg (4.43%), Calcium: 30.17mg (3.02%), Vitamin B5: 0.3mg (3%), Vitamin B12: 0.07µg (1.23%), Vitamin E: 0.18mg (1.22%), Vitamin A: 59.34IU (1.19%)