



Winter Squash Rolls

 Popular

READY IN



165 min.

SERVINGS



12

CALORIES



364 kcal

BREAD

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 6 cups flour all-purpose
- ☐ 1 cup scalded milk
- ☐ 2 teaspoons salt
- ☐ 0.5 cup shortening
- ☐ 0.5 cup warm water (110 degrees F/45 degrees C)
- ☐ 0.5 cup sugar white
- ☐ 1.5 cups winter squash cubed

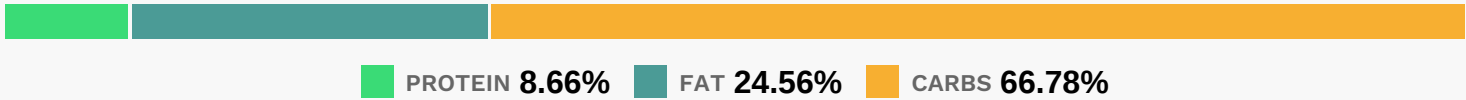
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). In a small saucepan, cover squash cubes with water. Bring to a boil and cook until tender, about 15 minutes.
- ☐ Drain, cool and mash.
- ☐ In a small bowl, dissolve yeast in warm water. In a large bowl, combine 5 cups flour, sugar and salt. Stir in the yeast mixture, shortening, squash and milk.
- ☐ Mix well. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- ☐ Divide the dough into twelve equal pieces and form into rounds.
- ☐ Place the rounds in a lightly greased 13x9 inch baking pan. Cover with a damp cloth and let rise until doubled in volume, about 30 minutes.
- ☐ Bake at 400 degrees F (200 degrees C) for 10 to 15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:40.68, Inflammation Score:-9, Nutrition Score:15.121304330618%

Nutrients (% of daily need)

Calories: 364.44kcal (18.22%), Fat: 9.95g (15.31%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 60.89g (20.3%), Net Carbohydrates: 58.29g (21.2%), Sugar: 10.11g (11.24%), Cholesterol: 2.44mg (0.81%), Sodium: 399.26mg (17.36%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.9g (15.79%), Vitamin A: 3176.6IU (63.53%), Vitamin B1: 0.66mg (44.22%), Folate: 150µg (37.5%), Selenium: 21.87µg (31.24%), Manganese: 0.49mg (24.59%), Vitamin B2: 0.39mg (23.03%), Vitamin B3: 4.54mg (22.71%), Iron: 3.15mg (17.48%), Phosphorus: 105.32mg (10.53%), Fiber: 2.6g (10.39%), Vitamin C: 6.21mg (7.53%), Vitamin B5: 0.69mg (6.85%), Magnesium: 26.99mg (6.75%), Vitamin E: 1mg (6.65%), Potassium: 213mg (6.09%), Copper: 0.12mg (5.96%), Vitamin B6: 0.1mg (5.16%), Calcium: 49.64mg (4.96%), Vitamin K: 5.12µg (4.88%), Zinc: 0.66mg (4.41%), Vitamin B12: 0.11µg (1.84%), Vitamin D: 0.22µg (1.49%)