

Whole Wheat Rolls

Ingredients:

2 packages dry yeast
2 1/4 cups warm water (110-115°F)
1/2 cup plus 1 tablespoon sugar
1/2 cup butter, divided

2 teaspoons salt
2 eggs
3 cups whole wheat flour
4 cups all-purpose flour

Directions:

1. In a large bowl, dissolve the yeast in warm water.
2. Add the sugar, 1/4 cup of butter (melted), salt, eggs, and whole wheat flour. Beat until smooth.
3. Stir in enough all-purpose flour to form soft dough.
4. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes.
5. Place in a greased bowl, turning once to grease the top.
6. Cover and let rise until doubled, about 1 hour.
7. Punch dough down. Turn onto a lightly floured surface; divide into 4 pieces.
8. Shape each into 12 balls.
9. Place 1-inch apart on greased baking sheets. Cover and let rise until doubled, about 25 minutes.
10. Bake at 375°F for 11-15 minutes, or until browned. Remove from oven to wire racks.
11. Brush with butter; serve warm.

Nutrition Facts

Serving Size 1 Roll (23g)
Servings Per Container 48

Amount Per Serving

Calories 80 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 120mg **5%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Source: SCF Recipe

