



Beer Rolls

READY IN



350 min.

SERVINGS



16

CALORIES



149 kcal

Ingredients

- 0.3 ounce active yeast dry
- 4 cups bread flour
- 2 tablespoons butter melted
- 10 ounces beer dark
- 1 pinch ground cinnamon
- 2 tablespoons honey
- 1 tablespoon butter
- 0.3 teaspoon salt

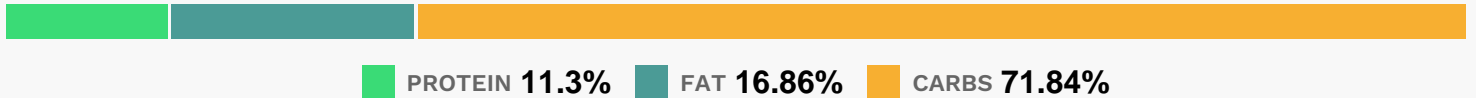
Equipment

- frying pan
- baking sheet
- oven
- bread machine

Directions

- Allow 10 to 12 ounces of beer to reach room temperature and go flat. This will take approximately 3 to 4 hours.
- Combine flattened beer, butter, cinnamon, salt, and honey in the pan of bread machine.
- Add flour and yeast being careful that the yeast does not touch the liquid. Select Dough setting, and Start.
- After the dough has risen, remove the dough from the pan. Form into a long loaf; cut and form rolls.
- Place on a floured baking sheet, cover, and allow to rise for approximately 45 minutes.
- Brush top of rolls with melted butter.
- Bake at 350 degrees F (175 degrees C) for 30 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:13.42, Glycemic Load:16.07, Inflammation Score:-2, Nutrition Score:3.1021738611162%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 148.72kcal (7.44%), Fat: 2.68g (4.12%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 25.66g (8.55%), Net Carbohydrates: 24.78g (9.01%), Sugar: 2.25g (2.5%), Cholesterol: 3.76mg (1.25%), Sodium: 57.51mg (2.5%), Alcohol: 0.69g (100%), Alcohol %: 1.6% (100%), Protein: 4.04g (8.07%), Selenium: 12.59µg (17.98%), Manganese: 0.25mg (12.73%), Folate: 21.86µg (5.46%), Vitamin B1: 0.07mg (4.99%), Phosphorus: 36.35mg (3.63%), Fiber: 0.88g (3.52%), Copper: 0.06mg (3.04%), Vitamin B3: 0.59mg (2.93%), Vitamin B2: 0.04mg (2.52%), Magnesium: 9.24mg (2.31%),

Vitamin B5: 0.21mg (2.08%), Zinc: 0.31mg (2.07%), Iron: 0.31mg (1.71%), Vitamin A: 75.69IU (1.51%), Vitamin B6: 0.03mg (1.36%), Vitamin E: 0.19mg (1.29%), Potassium: 42.48mg (1.21%)