



Bread Machine Dinner Rolls

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



175 min.

SERVINGS



15

CALORIES



79 kcal

Ingredients

- 1 cup water
- 2 tablespoons butter softened
- 1 eggs
- 3.3 cups yukon gold potatoes for flour
- 0.3 cup sugar
- 1 teaspoon salt
- 3 teaspoons yeast dry
- 1 serving butter melted

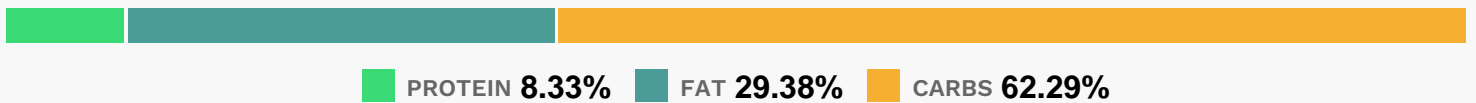
Equipment

- frying pan
- baking sheet
- oven
- wire rack
- bread machine

Directions

- Measure carefully, placing all ingredients except melted butter in bread machine pan in the order recommended by the manufacturer. Select Dough/Manual cycle. Do not use delay cycle.
- Remove dough from pan, using lightly floured hands. Cover and let rest 10 minutes on lightly floured surface.
- Grease large cookie sheet with shortening. Divide dough into 15 equal pieces. Shape each piece into a ball.
- Place 2 inches apart on cookie sheet. Cover and let rise in warm place 30 to 40 minutes or until double. (Dough is ready if indentation remains when touched.)
- Heat oven to 375°F.
- Bake 12 to 15 minutes or until golden brown.
- Brush tops with melted butter.
- Serve warm, or cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:10.26, Glycemic Load:8.88, Inflammation Score:-2, Nutrition Score:3.559130412081%

Flavonoids

Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 78.65kcal (3.93%), Fat: 2.64g (4.06%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 11.28g (4.1%), Sugar: 3.74g (4.15%), Cholesterol: 10.91mg (3.64%), Sodium: 189.82mg (8.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin C: 10.11mg (12.25%), Vitamin B6: 0.17mg (8.29%), Vitamin B1: 0.11mg (7.39%), Potassium: 227.07mg (6.49%), Folate: 24.17µg (6.04%), Fiber: 1.3g (5.18%), Manganese: 0.08mg (4.09%), Vitamin B3: 0.79mg (3.97%), Phosphorus: 39.63mg (3.96%), Vitamin B2: 0.06mg (3.32%), Magnesium: 12.72mg (3.18%), Copper: 0.06mg (3.15%), Vitamin B5: 0.28mg (2.83%), Iron: 0.47mg (2.6%), Vitamin A: 117.02IU (2.34%), Selenium: 1.12µg (1.61%), Zinc: 0.24mg (1.59%)