



Bread Machine Rolls

 Vegetarian

READY IN



95 min.

SERVINGS



12

CALORIES



158 kcal

Ingredients

- 0.3 ounce active yeast dry
- 3 cups bread flour
- 2 tablespoons butter softened
- 1 egg white
- 0.3 cup milk powder dry
- 1 teaspoon salt
- 1 cup warm water (110 degrees F/45 degrees C)
- 2 tablespoons water
- 3 tablespoons sugar white

Equipment

- bowl
- frying pan
- baking sheet
- oven
- bread machine

Directions

- Place the bread flour, sugar, salt, milk powder, water, butter, and yeast in the pan of the bread machine in the order recommended by the manufacturer. Set on Dough cycle; press Start.
- Remove risen dough from the machine, deflate, and turn out onto a lightly floured surface. Divide the dough into twelve equal pieces, and form into rounds.
- Place the rounds on lightly greased baking sheets. Cover the rolls with a damp cloth, and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- In a small bowl, mix together the egg white and 2 tablespoons water; brush lightly onto the rolls.
- Bake in the preheated oven for 15 minutes, or until the rolls are golden brown.

Nutrition Facts



Properties

Glycemic Index:19.34, Glycemic Load:17.24, Inflammation Score:-1, Nutrition Score:3.8591304330722%

Nutrients (% of daily need)

Calories: 157.54kcal (7.88%), Fat: 3.18g (4.9%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 26.94g (8.98%), Net Carbohydrates: 26.03g (9.47%), Sugar: 4.13g (4.59%), Cholesterol: 7.6mg (2.53%), Sodium: 224.9mg (9.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.95%), Selenium: 13.43µg (19.18%), Manganese: 0.25mg (12.57%), Vitamin B1: 0.1mg (6.52%), Folate: 25.29µg (6.32%), Phosphorus: 55.7mg (5.57%), Vitamin B2: 0.09mg (5.1%), Fiber: 0.91g (3.64%), Copper: 0.07mg (3.3%), Calcium: 30.74mg (3.07%), Vitamin B3: 0.57mg (2.85%), Vitamin B5: 0.28mg (2.84%), Magnesium: 10.95mg (2.74%), Zinc: 0.41mg (2.72%), Potassium: 77.09mg (2.2%),

Vitamin D: 0.28µg (1.87%), Iron: 0.31mg (1.73%), Vitamin A: 83.84IU (1.68%), Vitamin B12: 0.09µg (1.55%), Vitamin B6: 0.03mg (1.43%), Vitamin E: 0.19mg (1.3%)