



Bread Machine Sun-Dried Tomato Rolls

 Vegetarian

READY IN



155 min.

SERVINGS



12

CALORIES



95 kcal

Ingredients

- ☐ 0.8 cup milk (105° to 115°)
- ☐ 2 cups bread flour for bread flour
- ☐ 0.3 cup sun-dried tomatoes drained chopped in oil
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon salt
- ☐ 1.5 teaspoons bread machine yeast

Equipment

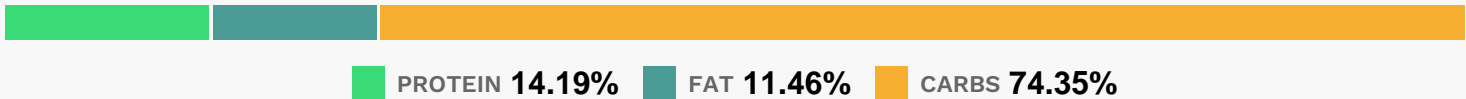
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ wire rack
- ☐ bread machine

Directions

- ☐ Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.
- ☐ Select Dough/Manual cycle. Do not use Delay cycle.
- ☐ Remove dough from pan; place on lightly floured surface. Cover and let rest 10
- ☐ minutes.
- ☐ Lightly grease cookie sheet with shortening or spray with cooking spray. Gently push fist into dough to deflate. Divide dough into 12 equal pieces. Shape each piece into a ball.
- ☐ Place 2 inches apart on cookie sheet. Cover and let rise in warm place 30 to 45 minutes or until almost double.
- ☐ Heat oven to 350°.
- ☐ Bake 12 to 16 minutes or until golden brown.
- ☐ Remove from cookie sheet to wire rack.
- ☐ Serve warm or cooled.

Nutrition Facts



Properties

Glycemic Index:14.59, Glycemic Load:10.76, Inflammation Score:-1, Nutrition Score:3.1265216903842%

Nutrients (% of daily need)

Calories: 95.09kcal (4.75%), Fat: 1.21g (1.86%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 17.61g (5.87%), Net Carbohydrates: 16.81g (6.11%), Sugar: 1.8g (2%), Cholesterol: 1.83mg (0.61%), Sodium: 206.42mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Selenium: 8.68µg (12.41%), Manganese: 0.18mg (8.94%), Vitamin B1: 0.1mg (6.49%), Folate: 21.82µg (5.45%), Phosphorus: 42.72mg (4.27%), Vitamin B2: 0.07mg (3.95%), Fiber: 0.8g (3.19%), Vitamin C: 2.33mg (2.83%), Vitamin B3: 0.56mg (2.78%), Copper: 0.05mg (2.59%), Potassium: 85.52mg (2.44%), Vitamin B5: 0.24mg (2.42%), Calcium: 23.27mg (2.33%), Magnesium: 9.23mg (2.31%), Zinc:

0.31mg (2.05%), Vitamin B6: 0.03mg (1.68%), Iron: 0.26mg (1.47%), Vitamin B12: 0.08µg (1.38%), Vitamin D: 0.17µg (1.12%), Vitamin A: 54.59IU (1.09%)