



Bread Machine Whole Wheat Dinner Rolls

 Dairy Free

READY IN



200 min.

SERVINGS



15

CALORIES



128 kcal

BREAD

Ingredients

- ☐ 3 teaspoons bread machine yeast
- ☐ 2 tablespoons butter softened
- ☐ 1 eggs
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 cup water
- ☐ 1.3 cups flour whole wheat gold medal®
- ☐ 2 cups flour for flour gold medal®

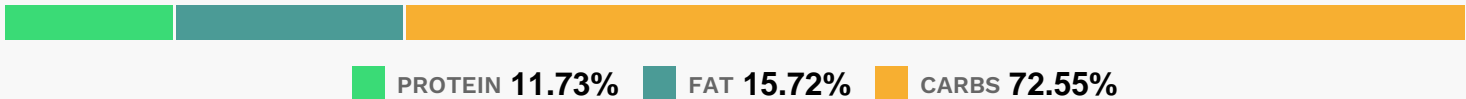
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ 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; place on lightly floured surface. Cover dough and let rest 10 minutes.
- ☐ Grease bottom and sides of 13x9-inch pan with shortening or cooking spray. Divide dough into 15 equal pieces. Shape each piece into a ball; place in pan.
- ☐ Brush with melted butter. Cover loosely with plastic wrap and let rise in warm place about 30 minutes or until double in size. Dough is ready if indentation remains when touched.
- ☐ Heat oven to 375°F. Uncover rolls.
- ☐ Bake 12 to 15 minutes or until golden brown.
- ☐ Serve warm, or cool on cooling rack.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:11.53, Inflammation Score:-3, Nutrition Score:6.2004347454109%

Nutrients (% of daily need)

Calories: 128.32kcal (6.42%), Fat: 2.28g (3.51%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 21.89g (7.96%), Sugar: 3.42g (3.8%), Cholesterol: 10.91mg (3.64%), Sodium: 178.66mg (7.77%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.65%), Manganese: 0.52mg (26.24%), Vitamin B1: 0.29mg (19.39%), Selenium: 12.83µg (18.33%), Folate: 59.36µg (14.84%), Vitamin B3: 1.88mg (9.39%), Vitamin B2: 0.15mg (9%), Fiber: 1.79g (7.14%), Iron: 1.21mg (6.72%), Phosphorus: 66.22mg (6.62%), Magnesium: 18.47mg (4.62%), Copper: 0.07mg (3.71%), Vitamin B6: 0.07mg (3.4%), Zinc: 0.5mg (3.3%), Vitamin B5: 0.31mg (3.13%), Potassium: 68.48mg (1.96%), Vitamin A: 83.51IU (1.67%), Vitamin E: 0.17mg (1.13%)