



## Buttermilk Dinner Rolls

READY IN



18 min.

SERVINGS



18

CALORIES



163 kcal

### Ingredients

- ☐ 2 packages active yeast dry
- ☐ 1 tablespoon bread flour
- ☐ 5 cups bread flour divided
- ☐ 1 eggs lightly beaten
- ☐ 2 tablespoons butter softened
- ☐ 1.8 cups nonfat buttermilk
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup warm water (105° to 115°)

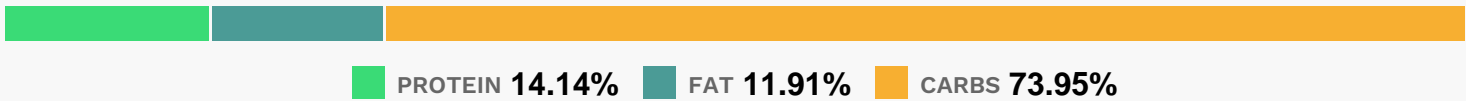
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ measuring cup

# Directions

- ☐ Combine yeast and warm water in a 1-cup liquid measuring cup; let stand 5 minutes.
- ☐ Combine yeast mixture, buttermilk, and next 4 ingredients in a large mixing bowl; beat at medium speed of an electric mixer until well blended.
- ☐ Add 2 cups flour, and beat 2 minutes at medium speed. Gradually stir in enough of the remaining 3 cups flour to make a soft dough.
- ☐ Sprinkle 1 tablespoon flour evenly over work surface. Turn dough out onto floured surface, and knead until smooth and elastic (about 8 to 10 minutes).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- ☐ Punch dough down; divide in half. Divide each half into 8 equal portions; shape each portion into a ball.
- ☐ Place at least 1 inch apart on large baking sheets coated with cooking spray.
- ☐ Cover and let rise in a warm place, free from drafts, 30 minutes or until doubled in bulk.
- ☐ Bake at 325 for 18 to 20 minutes or until lightly browned.
- ☐ Remove rolls from baking sheets; let cool on wire racks.

# Nutrition Facts



# Properties

Glycemic Index:11.34, Glycemic Load:18.44, Inflammation Score:-1, Nutrition Score:3.8139130375955%

Nutrients (% of daily need)

Calories: 163.39kcal (8.17%), Fat: 2.14g (3.29%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 29.83g (9.94%), Net Carbohydrates: 28.78g (10.47%), Sugar: 4.04g (4.49%), Cholesterol: 9.55mg (3.18%), Sodium: 105.19mg (4.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.41%), Selenium: 14.77µg (21.1%), Manganese: 0.28mg (14.07%), Folate: 30.95µg (7.74%), Vitamin B1: 0.11mg (7.65%), Phosphorus: 44.21mg (4.42%), Fiber: 1.05g (4.21%), Vitamin B2: 0.06mg (3.79%), Copper: 0.07mg (3.49%), Vitamin B3: 0.67mg (3.33%), Vitamin B5: 0.3mg (2.98%), Zinc: 0.39mg (2.62%), Magnesium: 9.57mg (2.39%), Iron: 0.38mg (2.1%), Vitamin B6: 0.03mg (1.45%), Vitamin E: 0.21mg (1.43%), Vitamin A: 69.54IU (1.39%), Potassium: 46.63mg (1.33%), Calcium: 10.49mg (1.05%)