

Buttermilk Fantails

 Vegetarian

READY IN



300 min.

SERVINGS



12

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons yeast dry (from a)
- ☐ 1 stick butter unsalted divided melted
- ☐ 0.8 cup buttermilk well-shaken
- ☐ 3 cups flour all-purpose plus more for kneading and dusting
- ☐ 1 tablespoon honey
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup water (105–115°F)

Equipment

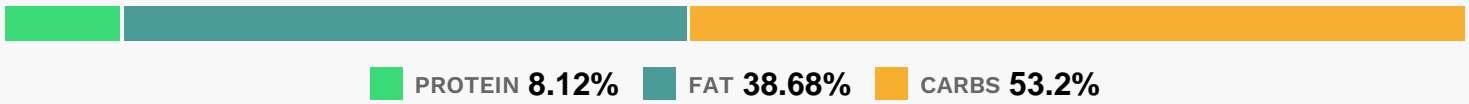
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ kitchen towels
- ☐ spatula
- ☐ muffin liners
- ☐ rolling pin

Directions

- ☐ Butter muffin cups with 1 tablespoon melted butter.
- ☐ Stir together yeast, warm water, and honey in a large bowl and let stand until foamy, about 5 minutes. (If mixture doesn't foam, start over with new yeast.)
- ☐ Mix flour, salt, buttermilk, and 6 tablespoons melted butter into yeast mixture with a wooden spoon or rubber spatula until a soft dough forms. Turn out dough onto a well-floured surface and knead, dusting surface and your hands with just enough flour to keep dough from sticking, until dough is elastic and smooth, 6 to 8 minutes. Form dough into a ball.
- ☐ Put dough in an oiled large bowl and turn to coat. Cover bowl with plastic wrap and a kitchen towel and let dough rise in a draft-free place at warm room temperature until doubled, 1 1/2 to 2 hours.
- ☐ Punch down dough (do not knead), then halve.
- ☐ Roll out half of dough on a lightly floured surface with a floured rolling pin into a 12-inch square (about 1/8 inch thick; keep remaining half covered with plastic wrap).
- ☐ Brush dough with 1/2 tablespoon butter and cut into 6 equal strips. Stack strips, buttered sides up, and cut crosswise into 6 equal pieces. Turn each piece on a side and put into a muffin cup. Make more rolls with remaining dough in same manner. Separate outer layers of each roll to fan outward. Cover rolls with a kitchen towel (not terry cloth) and let rise in a draft-free place at warm room temperature until doubled and dough fills cups, 1 to 1 1/2 hours.
- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Bake rolls until golden brown, 20 to 25 minutes.

- ☐ Brush tops with remaining 2 tablespoons butter, then transfer rolls to a rack and cool at least 20 minutes.
- ☐ Rolls are best the day they're made but can be frozen (cool completely, then wrap well) 1 month. Thaw, then reheat on a baking sheet in a 350°F oven until warmed through, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:17.36, Glycemic Load:18.23, Inflammation Score:-4, Nutrition Score:5.688695633298%

Nutrients (% of daily need)

Calories: 197.57kcal (9.88%), Fat: 8.48g (13.04%), Saturated Fat: 5.18g (32.37%), Carbohydrates: 26.24g (8.75%), Net Carbohydrates: 25.25g (9.18%), Sugar: 2.26g (2.51%), Cholesterol: 21.9mg (7.3%), Sodium: 368.19mg (16.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Vitamin B1: 0.31mg (20.66%), Folate: 70.39µg (17.6%), Selenium: 11.3µg (16.14%), Vitamin B2: 0.2mg (12.05%), Manganese: 0.22mg (10.87%), Vitamin B3: 2.07mg (10.37%), Iron: 1.48mg (8.21%), Phosphorus: 52.13mg (5.21%), Vitamin A: 260.07IU (5.2%), Fiber: 0.99g (3.95%), Vitamin B5: 0.28mg (2.75%), Copper: 0.05mg (2.63%), Calcium: 24.79mg (2.48%), Magnesium: 8.94mg (2.23%), Zinc: 0.33mg (2.2%), Potassium: 61.87mg (1.77%), Vitamin E: 0.25mg (1.65%), Vitamin B12: 0.09µg (1.42%), Vitamin B6: 0.03mg (1.38%), Vitamin D: 0.19µg (1.3%)