



## Buttery Dinner Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



129 kcal

### Ingredients

- 4 cups bread flour
- 2.3 teaspoons yeast dry
- 1.5 teaspoons salt
- 1 cup milk 2% (70&deg to 80&deg)
- 0.5 cup butter softened
- 0.3 cup sugar
- 2 large eggs lightly beaten room temperature

### Equipment

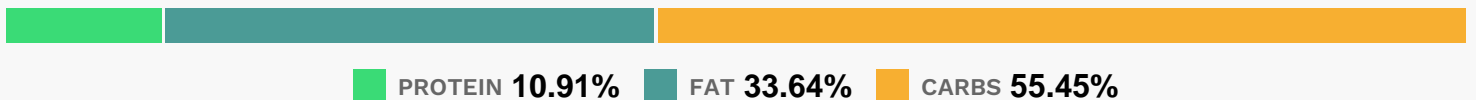
- bowl

- sauce pan
- oven
- baking pan

## Directions

- In a large bowl, combine 3 cups flour, yeast and salt. In a small saucepan, heat milk, butter and sugar to 120°-130°.
- Add to dry ingredients; beat on medium speed 2 minutes.
- Add eggs; beat to combine. Stir in enough remaining flour to form a soft dough (dough will be sticky).
- Turn dough onto a lightly floured surface; knead until smooth and elastic, 6-8 minutes.
- Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch down dough. Turn onto a lightly floured surface. Divide into 24 portions; shape into balls.
- Place in a greased 13x9-in. baking pan. Cover; let rise in a warm place until almost doubled, about 1 hour.
- Bake at 375° until golden brown, 15-18 minutes.

## Nutrition Facts



## Properties

Glycemic Index:7.8, Glycemic Load:11.24, Inflammation Score:-1, Nutrition Score:2.7552173858427%

## Nutrients (% of daily need)

Calories: 128.96kcal (6.45%), Fat: 4.8g (7.39%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 17.23g (6.27%), Sugar: 2.66g (2.96%), Cholesterol: 26.45mg (8.82%), Sodium: 186.88mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7.01%), Selenium: 9.88µg (14.11%), Manganese: 0.17mg (8.45%), Folate: 16.29µg (4.07%), Phosphorus: 40.5mg (4.05%), Vitamin B2: 0.06mg (3.73%), Vitamin B1: 0.05mg (3.63%), Vitamin A: 151.13IU (3.02%), Vitamin B5: 0.23mg (2.35%), Fiber: 0.58g (2.31%), Copper: 0.04mg (2.15%), Zinc: 0.31mg (2.04%), Calcium: 18.59mg (1.86%), Magnesium: 7.05mg (1.76%), Vitamin B3: 0.34mg (1.7%), Vitamin B12: 0.1µg (1.62%), Vitamin E: 0.24mg (1.6%), Iron: 0.27mg (1.51%), Potassium: 44.34mg (1.27%), Vitamin B6: 0.02mg

(1.15%)