



Buttery Dinner Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



120 kcal

BREAD

Ingredients

- 1 tablespoon active yeast dry
- 0.5 cup butter softened plus more for sheets
- 2 eggs
- 3.5 cups flour all-purpose plus more for kneading and shaping
- 1 cup milk
- 1 teaspoon salt
- 0.3 cup sugar

Equipment

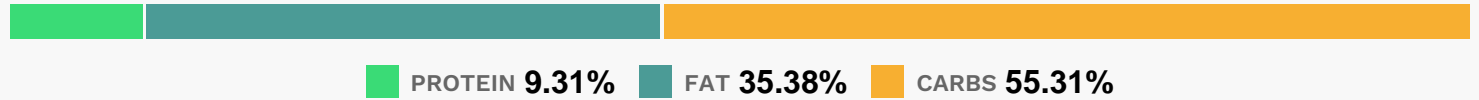
- bowl
- baking sheet
- oven
- blender
- plastic wrap
- stand mixer
- microwave

Directions

- Microwave milk, uncovered, until warm (90 to 105), about 20 seconds at full power. Put in the bowl of a stand mixer. Stir in yeast, salt, and sugar.
- Let sit until foamy, about 5 minutes.
- Attach dough hook and, with mixer on low, stir in butter and 1 egg.
- Add flour, 1/2 cup at a time, until a stiff dough forms and pulls away from inside of bowl. Cover with a clean towel or plastic wrap and let sit until doubled in bulk, about 1 1/2 hours. Meanwhile, butter 2 large baking sheets and set aside.
- Punch down dough and turn it onto a floured surface. Knead a few times, adding more flour if necessary to keep dough from sticking. Divide dough into 24 pieces. Working with 1 piece at a time (keep other pieces covered), roll into a 10-in. rope. Coil rope into a flat spiral or twist into a pretzel shape, pinching ends in place. Put shaped rolls on buttered baking sheets. Cover and let sit until doubled in bulk, about 45 minutes. Meanwhile, preheat oven to 35
- In a small bowl, beat remaining egg with 2 tbsp. water.
- Brush rolls with egg wash and bake until brown, about 20 minutes, rotating pans halfway through baking time to ensure even baking. Cool on wire racks.
- Serve warm or at room temperature.
- Seed
- Rolls: After brushing rolls with egg wash in step 4, sprinkle them with 1 tbsp. poppy seeds, sesame seeds, or onion seeds.
- Cheese
- Add 1 1/2 cups freshly shredded cheddar or gruyere cheese to the dough with the butter and egg in step

- Sprinkle rolls with additional cheese before baking, if you like.
- Herb
- Add 3 tbsp. minced fresh herbssuch as oregano, rosemary, thyme, or basilto the dough with the butter and egg in step
- Saffron
- Add 1/2 tsp. saffron threads to the milk in step

Nutrition Facts



Properties

Glycemic Index:9.71, Glycemic Load:11.7, Inflammation Score:-2, Nutrition Score:3.5199999874053%

Nutrients (% of daily need)

Calories: 120.17kcal (6.01%), Fat: 4.71g (7.24%), Saturated Fat: 2.76g (17.28%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 16.02g (5.83%), Sugar: 2.63g (2.93%), Cholesterol: 25.03mg (8.34%), Sodium: 136.84mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.57%), Vitamin B1: 0.17mg (11.26%), Selenium: 7.57µg (10.82%), Folate: 39.12µg (9.78%), Vitamin B2: 0.13mg (7.62%), Manganese: 0.13mg (6.33%), Vitamin B3: 1.16mg (5.79%), Iron: 0.92mg (5.09%), Phosphorus: 39.41mg (3.94%), Vitamin A: 154.45IU (3.09%), Fiber: 0.54g (2.15%), Vitamin B5: 0.2mg (2.02%), Calcium: 18.56mg (1.86%), Vitamin B12: 0.1µg (1.59%), Zinc: 0.23mg (1.56%), Copper: 0.03mg (1.5%), Magnesium: 5.86mg (1.46%), Vitamin D: 0.19µg (1.23%), Potassium: 42.6mg (1.22%), Vitamin B6: 0.02mg (1.15%), Vitamin E: 0.16mg (1.09%)