



Cake Mix Yeast Rolls

 Dairy Free

READY IN



110 min.

SERVINGS



20

CALORIES



149 kcal

BREAD

Ingredients

- 0.3 ounce active yeast dry
- 2 egg whites beaten
- 3.3 cups flour all-purpose
- 0.3 cup butter melted
- 2 tablespoons poppy seeds
- 1.5 cups warm water (110 degrees F/45 degrees C)
- 9 ounce duncan hines classic decadent cake mix yellow

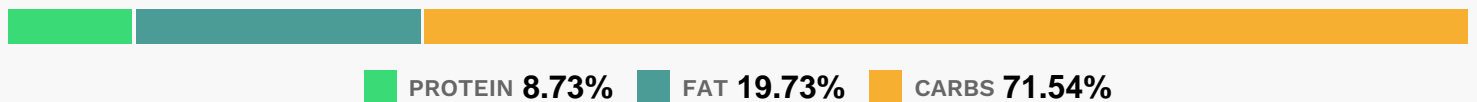
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, dissolve yeast in warm water.
- Let stand until creamy, about 10 minutes.
- Stir in the flour and cake mix. Beat until dough is smooth. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour. Lightly grease two baking sheets.
- Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into two equal pieces and form into rounds.
- Let rest for 5 minutes and then roll into 12 inch circles.
- Cut each circle into 10 wedges.
- Brush melted margarine onto the circles.
- Roll up the wedges, beginning at the wide end.
- Place on prepared baking sheets with the end of the roll on the bottom.
- Brush the rolls with margarine and beaten egg white.
- Sprinkle with poppy seeds. Cover and let rise until doubled, about 25 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- Bake in preheated oven for 12 to 15 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:11.22, Inflammation Score:-3, Nutrition Score:4.7252173418908%

Nutrients (% of daily need)

Calories: 148.72kcal (7.44%), Fat: 3.24g (4.99%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 26.46g (8.82%), Net Carbohydrates: 25.49g (9.27%), Sugar: 5.63g (6.25%), Cholesterol: 0mg (0%), Sodium: 126.32mg (5.49%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin B1: 0.24mg (15.73%), Folate: 55.03µg (13.76%), Selenium: 8.02µg (11.45%), Manganese: 0.22mg (11.23%), Vitamin B2: 0.16mg (9.36%), Vitamin B3: 1.65mg (8.24%), Phosphorus: 72.68mg (7.27%), Iron: 1.31mg (7.25%), Calcium: 44.61mg (4.46%), Fiber: 0.97g (3.89%), Copper: 0.06mg (2.91%), Magnesium: 9.65mg (2.41%), Vitamin A: 101.5IU (2.03%), Vitamin B5: 0.19mg (1.94%), Zinc: 0.28mg (1.86%), Vitamin E: 0.23mg (1.56%), Vitamin B6: 0.03mg (1.34%), Potassium: 43.67mg (1.25%)