



Classic Dinner Rolls

 Popular

READY IN



90 min.

SERVINGS



12

CALORIES



108 kcal

BREAD

Ingredients

- 2 tablespoons butter
- 2 cups flour all-purpose
- 0.5 cup milk
- 0.5 teaspoon salt
- 2 tablespoons sugar
- 0.3 cup water
- 1 envelope fleischmann's® rapidrise yeast

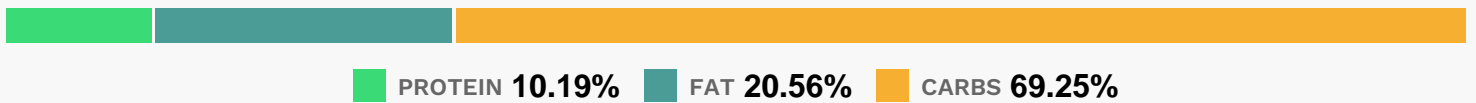
Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Combine 3/4 cup flour, undissolved yeast, sugar and salt in a large bowl.
- Heat milk, water and butter until very warm (120 degrees to 130 degrees F).
- Add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally.
- Add 1/4 cup flour; beat 2 minutes at high speed. Stir in enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.
- Divide dough into 12 equal pieces; shape into balls.
- Place in greased 8-inch round pan. Cover; let rise in warm, draft-free place until doubled in size, about 30 minutes.
- Bake in preheated 375 degrees F oven for 20 minutes or until done.
- Remove from pan; brush with additional melted butter, if desired.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:13.08, Inflammation Score:-2, Nutrition Score:3.8873912683162%

Nutrients (% of daily need)

Calories: 108.31kcal (5.42%), Fat: 2.46g (3.78%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 18.63g (6.21%), Net Carbohydrates: 17.91g (6.51%), Sugar: 2.54g (2.82%), Cholesterol: 1.22mg (0.41%), Sodium: 123.74mg (5.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Vitamin B1: 0.23mg (15.58%), Folate: 51.8µg (12.95%), Selenium: 7.31µg (10.45%), Vitamin B2: 0.14mg (8.32%), Vitamin B3: 1.48mg (7.38%), Manganese: 0.14mg (7.23%), Iron: 0.98mg (5.45%), Phosphorus: 37.02mg (3.7%), Fiber: 0.72g (2.88%), Vitamin B5: 0.21mg (2.1%),

Vitamin A: 99.93IU (2%), Copper: 0.03mg (1.68%), Calcium: 16.73mg (1.67%), Zinc: 0.23mg (1.57%), Magnesium: 6.24mg (1.56%), Potassium: 44.15mg (1.26%), Vitamin B6: 0.02mg (1.22%)