



Classic Soft Dinner Rolls

 Vegetarian

READY IN



190 min.

SERVINGS



20

CALORIES



168 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry ()
- 2 large eggs lightly beaten
- 4 cups flour all-purpose
- 0.3 cup granulated sugar
- 2 teaspoons salt fine
- 10 tablespoons butter unsalted ()
- 1.3 cups milk whole

Equipment

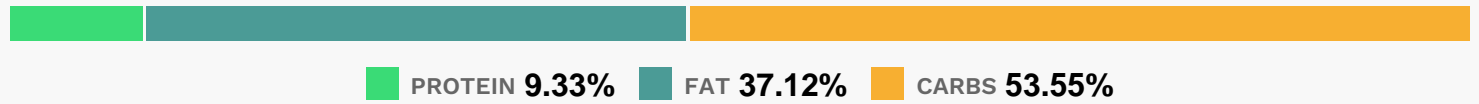
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- wire rack
- plastic wrap
- kitchen thermometer
- stand mixer

Directions

- Place the flour, sugar, yeast, and salt in the bowl of a stand mixer and whisk to combine; set aside. Melt 8 tablespoons of the butter in a small saucepan over low heat.
- Add the milk and heat until the mixture is warm to the touch but not hot (between 105°F and 115°F on an instant-read thermometer), about 1 minute.
- Pour over the flour mixture and add the eggs. Using a stand mixer fitted with a hook attachment, mix on medium-low speed until just combined, about 1 minute. Increase the speed to medium high and beat until the dough is smooth and elastic, about 10 minutes. (The dough will be sticky.) Lightly coat a large bowl with vegetable oil.
- Transfer the dough to the bowl, turn to coat in oil, and cover with a damp towel or plastic wrap.
- Let rise in a warm place until doubled in size, about 1 hour. Meanwhile, line a baking sheet with parchment paper; set aside.
- Place the dough on a work surface, divide it into 20 pieces (about 2 ounces each), and cover with a piece of oiled plastic wrap. Working with one piece at a time, form into a small roll by cupping your palm and rolling the dough on the work surface into a round, tight ball.
- Place on the prepared baking sheet and repeat with the remaining dough pieces, spacing them 3/4 inch apart. Cover the rolls with oiled plastic wrap and let rise in a warm place until they are just touching one another and have doubled in size, about 1 hour. Meanwhile, heat the oven to 350°F and arrange a rack in the middle. Melt the remaining 2 tablespoons butter and let cool slightly. Uncover the rolls and brush with all of the butter.

- Bake until the bottoms and tops of the rolls are golden brown, rotating halfway through the baking time, about 15 to 20 minutes total.
- Let cool 10 minutes on the baking sheet, then serve immediately or transfer to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:9.15, Glycemic Load:15.82, Inflammation Score:-3, Nutrition Score:5.0478260724441%

Nutrients (% of daily need)

Calories: 168.27kcal (8.41%), Fat: 6.92g (10.65%), Saturated Fat: 4.08g (25.49%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 21.7g (7.89%), Sugar: 3.32g (3.69%), Cholesterol: 35.48mg (11.83%), Sodium: 246.92mg (10.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.83%), Vitamin B1: 0.25mg (16.41%), Selenium: 10.41µg (14.88%), Folate: 56.6µg (14.15%), Vitamin B2: 0.18mg (10.85%), Manganese: 0.17mg (8.73%), Vitamin B3: 1.64mg (8.21%), Iron: 1.26mg (7%), Phosphorus: 56.24mg (5.62%), Vitamin A: 226.63IU (4.53%), Fiber: 0.77g (3.08%), Vitamin B5: 0.3mg (2.99%), Calcium: 27.26mg (2.73%), Vitamin D: 0.37µg (2.48%), Vitamin B12: 0.14µg (2.32%), Zinc: 0.34mg (2.25%), Copper: 0.04mg (2.14%), Magnesium: 8.27mg (2.07%), Potassium: 61.69mg (1.76%), Vitamin B6: 0.03mg (1.72%), Vitamin E: 0.24mg (1.58%)