

Cloverleaf Rolls

 Vegetarian

READY IN



40 min.

SERVINGS



24

CALORIES



112 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 1.3 cups milk (110° to 115°)
- 0.3 cup butter softened
- 1 large eggs room temperature
- 3 tablespoons sugar
- 1 teaspoon salt
- 4 cups flour all-purpose
- 1 serving butter melted

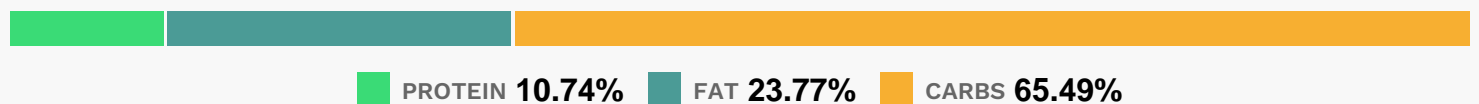
Equipment

- bowl
- oven

Directions

- In a large bowl, dissolve yeast in warm milk.
- Add the butter, egg, sugar, salt and 3 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, about 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 dough down and divide in half. Divide each half into 36 pieces and shape into balls.
- Place 3 balls in each greased muffin cup. Cover and let rise until doubled, about 30 minutes.
- Brush with additional butter.
- Bake at 375° for 15–18 minutes or until lightly browned.
- Remove to wire racks.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.8, Glycemic Load:12.77, Inflammation Score:-2, Nutrition Score:3.8595652100833%

Nutrients (% of daily need)

Calories: 111.62kcal (5.58%), Fat: 2.92g (4.5%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 18.12g (6.04%), Net Carbohydrates: 17.48g (6.36%), Sugar: 2.17g (2.42%), Cholesterol: 14.81mg (4.94%), Sodium: 121.81mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Vitamin B1: 0.2mg (13.61%), Folate: 46.09µg (11.52%), Selenium: 8µg (11.43%), Vitamin B2: 0.14mg (8.41%), Manganese: 0.14mg (7.22%), Vitamin B3: 1.36mg (6.82%), Iron: 1.01mg (5.62%), Phosphorus: 41.96mg (4.2%), Fiber: 0.64g (2.57%), Vitamin B5: 0.21mg (2.13%), Calcium: 20.7mg (2.07%), Vitamin A: 96.13IU (1.92%), Zinc: 0.25mg (1.67%), Copper: 0.03mg (1.65%), Magnesium:

6.57mg (1.64%), Vitamin B12: 0.09µg (1.53%), Potassium: 47.72mg (1.36%), Vitamin B6: 0.03mg (1.25%), Vitamin D:
0.18µg (1.21%)