



Cloverleaf Rolls with Stone-Ground Wheat Bread Dough

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



76 kcal

Ingredients

- ☐ 0.3 wheat bread dough stone-ground
- ☐ 1 egg white
- ☐ 1 tablespoon water cold

Equipment

- ☐ oven
- ☐ muffin tray

Directions

- ☐ Divide Stone-Ground Wheat Bread Dough into 12 equal portions; shape each into a ball. Coat 4 muffin pan cups with cooking spray; place 3 balls in each cup. Cover and let rise in a warm place (85), free from drafts, 25 minutes or until doubled in bulk.
- ☐ Combine egg white and water, stirring well.
- ☐ Brush rolls with egg white mixture, and bake at 350 for 20 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.33173913921675%

Nutrients (% of daily need)

Calories: 75.55kcal (3.78%), Fat: 0.84g (1.29%), Saturated Fat: 0g (0%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 12.73g (4.63%), Sugar: 0.05g (0.06%), Cholesterol: 0mg (0%), Sodium: 144.91mg (6.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Fiber: 0.55g (2.19%), Selenium: 1.5µg (2.14%), Vitamin B2: 0.03mg (1.94%)