

## Corn Yeast Rolls

READY IN



45 min.

SERVINGS



8

CALORIES



297 kcal

BREAD

### Ingredients

- ☐ 1 tablespoon active yeast dry
- ☐ 0.5 cup cornmeal
- ☐ 1 eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 tablespoons butter melted
- ☐ 0.7 cup milk
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons sugar white

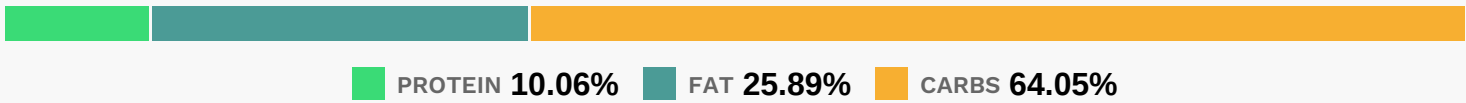
# Equipment

- ☐ oven
- ☐ pie form
- ☐ bread machine

# Directions

- ☐ Place ingredients in bread machine pan in the order suggested by the manufacturer. Select dough cycle. Start.
- ☐ Add water if needed while the dough is mixing.
- ☐ Once cycle is complete, shape dough into 8 to 10 balls. Arrange in a greased 9 inch pie pan. Allow to rise in a warm spot until doubled in size.
- ☐ Bake in a preheated 400 degree F (205 degree C) oven for about 45 minutes, or until the rolls begin to brown.

# Nutrition Facts



# Properties

Glycemic Index:31.45, Glycemic Load:32.66, Inflammation Score:-5, Nutrition Score:9.779565345091%

# Nutrients (% of daily need)

Calories: 297.25kcal (14.86%), Fat: 8.48g (13.05%), Saturated Fat: 1.83g (11.47%), Carbohydrates: 47.23g (15.74%), Net Carbohydrates: 44.9g (16.33%), Sugar: 4.27g (4.75%), Cholesterol: 22.9mg (7.63%), Sodium: 340.85mg (14.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.83%), Vitamin B1: 0.47mg (31.11%), Selenium: 18.62µg (26.6%), Folate: 103.48µg (25.87%), Manganese: 0.39mg (19.41%), Vitamin B2: 0.32mg (18.58%), Vitamin B3: 3.24mg (16.2%), Iron: 2.58mg (14.35%), Phosphorus: 108.4mg (10.84%), Fiber: 2.33g (9.34%), Vitamin K: 6.49µg (6.18%), Magnesium: 24.43mg (6.11%), Zinc: 0.83mg (5.54%), Vitamin B6: 0.11mg (5.44%), Vitamin B5: 0.5mg (4.95%), Copper: 0.1mg (4.92%), Vitamin A: 187.84IU (3.76%), Calcium: 37.13mg (3.71%), Potassium: 126.61mg (3.62%), Vitamin E: 0.52mg (3.46%), Vitamin B12: 0.16µg (2.71%), Vitamin D: 0.33µg (2.22%)