



## Crescent rolls

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



73 kcal

BREAD

## Ingredients

- ☐ 4 tbsp butter softened
- ☐ 2 eggs
- ☐ 3.5 cups flour
- ☐ 1.5 tsp yeast instant
- ☐ 0.8 cup milk
- ☐ 1 tsp salt
- ☐ 1.5 tbsp sugar
- ☐ 0.3 cup water

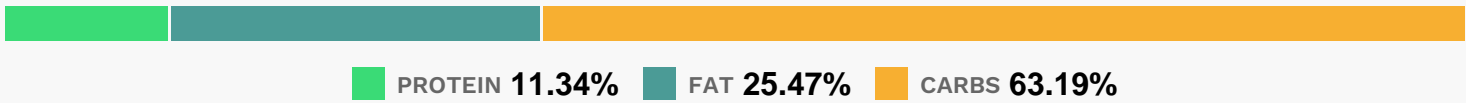
# Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ stand mixer
- ☐ rolling pin

# Directions

- ☐ In a large bowl of a stand mixer, mix flour with instant yeast, sugar and salt.
- ☐ Add in the water, eggs and milk. Knead the dough with the dough hook attachment at medium to high speed and slowly add the butter. Knead until the dough pulls away from the bowl and is no longer too sticky, about 10 to 15 minutes. (It will still be sticky but it should not stick to your hands.) Oil the bottom of a large bowl.
- ☐ Place dough in bowl and cover with plastic wrap and let rise for about 1 hour in a warm place, until doubled in size. Punch dough down and divide into 2 equal parts. On a floured surface roll each part into a 12 inch circle, using a rolling pin. Using a pizza wheel cutter cut the round into 16 triangles for mini crescents or 8 triangles for large crescents. Slice the dough like slicing a pizza. To roll each triangle into crescents, start from the thin tip of the triangle and roll until all of the triangle is rolled up. Once rolled, curve the edges and place on a baking tray lined with parchment paper with the tip tucked down and under the roll. Repeat rolling with the rest of the triangles.
- ☐ Let them rise for about 20 minutes.Preheat the oven to 400F (200C).
- ☐ Bake for 9-10 minutes for mini rolls (14 minutes for large rolls) until puffed and golden brown.

# Nutrition Facts



# Properties

Glycemic Index:7.28, Glycemic Load:8.04, Inflammation Score:-1, Nutrition Score:2.5734782270763%

Nutrients (% of daily need)

Calories: 72.63kcal (3.63%), Fat: 2.03g (3.13%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 10.94g (3.98%), Sugar: 0.88g (0.98%), Cholesterol: 14.73mg (4.91%), Sodium: 90.66mg (3.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.07%), Vitamin B1: 0.13mg (8.82%), Selenium: 5.62µg (8.03%), Folate: 30.75µg (7.69%), Vitamin B2: 0.1mg (5.66%), Manganese: 0.09mg (4.75%), Vitamin B3: 0.89mg (4.46%), Iron: 0.69mg (3.82%), Phosphorus: 27.61mg (2.76%), Fiber: 0.42g (1.68%), Vitamin B5: 0.15mg (1.51%), Vitamin A: 68.47IU (1.37%), Copper: 0.02mg (1.15%), Zinc: 0.17mg (1.14%), Calcium: 11.23mg (1.12%), Magnesium: 4.19mg (1.05%)