

## Dinner Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



81 kcal

BREAD

## Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 0.3 cup flour all-purpose
- ☐ 4.5 cups flour all-purpose divided
- ☐ 6 tablespoons butter softened reduced-calorie
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1.5 cups warm water (105° to 115°)

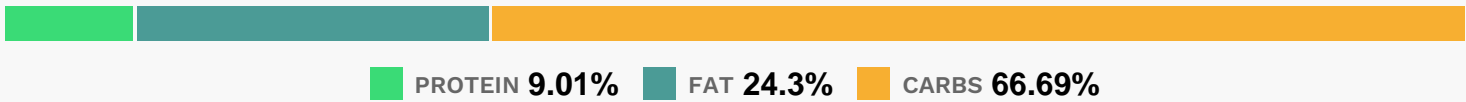
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

## Directions

- ☐ Combine yeast and warm water; let stand 5 minutes.
- ☐ Combine yeast mixture, 1 cup flour, sugar, salt, and margarine; beat at medium speed of an electric mixer 2 minutes. Stir in 3 1/2 to 4 cups flour to make a soft dough.
- ☐ Sprinkle 1/4 cup flour over work surface. Turn dough out onto surface; knead until smooth and elastic (about 10 minutes).
- ☐ Place in a large bowl coated with cooking spray; turn to coat top. Cover; let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Punch dough down; divide into thirds. Divide and shape each third into 12 balls. Arrange balls evenly in three 8-inch square baking pans coated with cooking spray. Cover and let rise in a warm place, free from drafts, 40 minutes or until doubled in bulk.
- ☐ Preheat oven to 37
- ☐ Bake rolls at 375 for 20 minutes or until golden.

## Nutrition Facts



## Properties

Glycemic Index:6.11, Glycemic Load:9.57, Inflammation Score:-2, Nutrition Score:2.5795652130214%

## Nutrients (% of daily need)

Calories: 80.95kcal (4.05%), Fat: 2.16g (3.33%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 12.85g (4.67%), Sugar: 0.71g (0.79%), Cholesterol: 0mg (0%), Sodium: 88.77mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.61%), Vitamin B1: 0.15mg (10.07%), Folate: 34.76µg (8.69%), Selenium: 5.61µg (8.02%), Manganese: 0.11mg (5.66%), Vitamin B2: 0.09mg (5.31%), Vitamin B3: 1.05mg (5.26%), Iron: 0.77mg (4.28%), Fiber: 0.5g (1.99%), Phosphorus: 19.62mg (1.96%), Vitamin A: 88.15IU (1.76%), Copper: 0.03mg (1.31%), Vitamin B5: 0.1mg (1.01%)