



## Double Whammie Yeast Rolls

 Vegetarian

READY IN



30 min.

SERVINGS



1

CALORIES



3416 kcal

### Ingredients

- 0.5 ounce active yeast dry
- 0.3 cup beer at room temperature
- 4.5 cups bread flour divided
- 0.3 cup butter
- 1 large eggs lightly beaten
- 0.7 cup granulated sugar divided
- 1 cup milk
- 0.3 cup potato buds dried instant
- 1.3 teaspoons salt

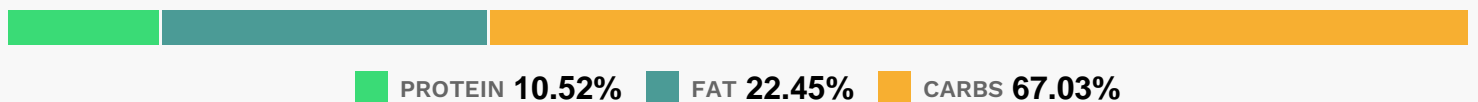
## Equipment

- bowl
- sauce pan
- oven
- measuring cup

## Directions

- Remove and reserve 1 tablespoon sugar. Cook remaining sugar, 1/3 cup butter, and next 3 ingredients in a medium saucepan over medium-low heat, stirring constantly, until butter melts. Cool to 11
- Stir together yeast, beer, and reserved 1 tablespoon sugar in a 2-cup liquid measuring cup; let stand 5 minutes.
- Combine milk mixture and yeast mixture in a large bowl; stir in egg. Gradually stir in 4 cups flour to form a dough. (Dough will be very stiff.)
- Turn dough out onto a lightly floured surface, and knead, adding additional flour (up to 1/2 cup) as needed, until smooth and elastic (about 6 to 8 minutes).
- Place in a bowl coated with cooking spray, turning to coat top of dough. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- Coat muffin pans with cooking spray. Punch dough down, and shape dough into 36 (1-inch) balls.
- Place 3 dough balls in each muffin cup. (Handle the dough as little as possible to prevent over-kneading.) Cover and let rise in a warm place, free from drafts, 1 hour.
- Bake at 350 for 15 to 18 minutes or until golden.
- Place a small pat of butter on top of each roll after baking 5 minutes, or brush with melted butter after baking, if desired.

## Nutrition Facts



## Properties

Glycemic Index:349.34, Glycemic Load:369.3, Inflammation Score:-10, Nutrition Score:55.510869233505%

## Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 3416.25kcal (170.81%), Fat: 84.82g (130.49%), Saturated Fat: 46.52g (290.77%), Carbohydrates: 569.69g (189.9%), Net Carbohydrates: 551.22g (200.44%), Sugar: 147.19g (163.54%), Cholesterol: 377.96mg (125.99%), Sodium: 3582.43mg (155.76%), Alcohol: 2.3g (100%), Alcohol %: 0.24% (100%), Protein: 89.39g (178.78%), Selenium: 246.49µg (352.13%), Manganese: 4.62mg (231.04%), Vitamin B1: 2.21mg (147.64%), Folate: 555.02µg (138.76%), Phosphorus: 1037.7mg (103.77%), Vitamin B2: 1.55mg (91.31%), Fiber: 18.47g (73.87%), Vitamin B5: 6.32mg (63.17%), Vitamin B3: 12.5mg (62.52%), Copper: 1.2mg (59.76%), Zinc: 7.8mg (51.99%), Vitamin A: 2568.49IU (51.37%), Magnesium: 200.76mg (50.19%), Calcium: 446.7mg (44.67%), Vitamin B6: 0.84mg (41.94%), Potassium: 1391.25mg (39.75%), Iron: 6.77mg (37.63%), Vitamin B12: 1.91µg (31.88%), Vitamin E: 4.66mg (31.05%), Vitamin D: 3.68µg (24.56%), Vitamin C: 10.39mg (12.59%), Vitamin K: 8.92µg (8.5%)