



WHATSheATE



Easy Rosemary Wheat Rolls



Vegetarian

READY IN



32 min.

SERVINGS



15

CALORIES



99 kcal

BREAD

Ingredients

- ☐ 1.7 cups bread flour
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large eggs beaten
- ☐ 2 teaspoons rosemary leaves fresh minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 tablespoons butter light melted
- ☐ 1.3 teaspoons salt
- ☐ 2 tablespoons sugar

- ☐ 1.3 cups water (100° to 110°)
- ☐ 1 cup flour whole wheat

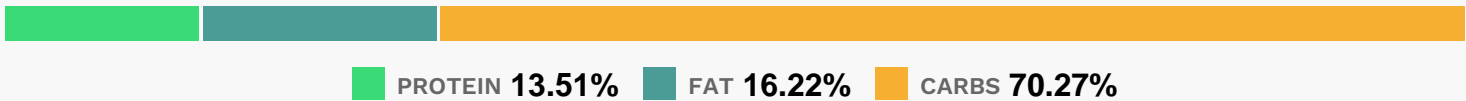
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Dissolve yeast in water in a large bowl; let stand 10 minutes. Stir in sugar and next 5 ingredients.
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Add whole wheat flour to yeast mixture; stir until smooth. Gradually stir in bread flour to make a thick batter. Cover with plastic wrap, and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size.
- ☐ Stir batter down; spoon into 15 muffin cups coated with cooking spray. Cover and let rise in a warm place 15 to 20 minutes or until batter rises to top of muffin cups.
- ☐ Preheat oven to 37
- ☐ Uncover rolls, and bake at 375 for 17 to 20 minutes or until lightly browned.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:9.47, Glycemic Load:7.65, Inflammation Score:-2, Nutrition Score:3.995217371651%

Nutrients (% of daily need)

Calories: 99.45kcal (4.97%), Fat: 1.82g (2.8%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 17.72g (5.91%), Net Carbohydrates: 16.39g (5.96%), Sugar: 1.69g (1.87%), Cholesterol: 14.38mg (4.79%), Sodium: 200.94mg (8.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Manganese: 0.44mg (21.97%), Selenium: 11.57µg (16.53%), Vitamin B1: 0.1mg (6.97%), Fiber: 1.33g (5.3%), Phosphorus: 52.66mg (5.27%), Folate: 20.67µg (5.17%), Magnesium: 15.47mg (3.87%), Vitamin B3: 0.73mg (3.63%), Vitamin B2: 0.06mg (3.36%), Copper: 0.07mg (3.33%), Iron: 0.51mg (2.84%), Zinc: 0.42mg (2.78%), Vitamin B6: 0.05mg (2.61%), Vitamin B5: 0.22mg (2.24%), Potassium: 54.66mg (1.56%), Vitamin E: 0.18mg (1.18%), Vitamin A: 51.08IU (1.02%)