

Flaky Dinner Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



162 kcal

BREAD

Ingredients

- ☐ 3 tablespoons butter softened
- ☐ 2.3 teaspoons yeast dry
- ☐ 13.5 ounces flour all-purpose divided
- ☐ 1 cup skim milk fat-free (100° to 110°)
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons sugar

Equipment

- ☐ bowl

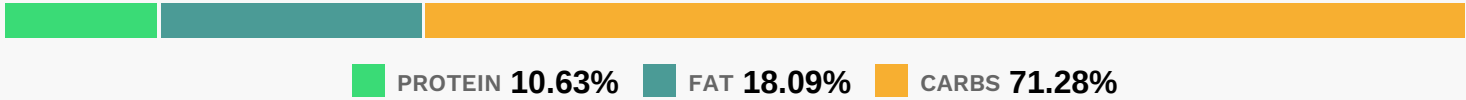
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Dissolve sugar and yeast in warm milk in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 2 3/4 cups flour and salt to yeast mixture; stir until a dough forms. Turn dough out onto a lightly floured surface. Knead until smooth (about 5 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel slightly sticky). Cover dough with plastic wrap, and let rest for 10 minutes.
- ☐ Roll dough into a 12 x 10-inch rectangle on a lightly floured baking sheet. Gently spread butter over dough. Working with a long side, fold up bottom third of dough. Fold top third of dough over the first fold to form a 12 x 3-inch rectangle. Cover with plastic wrap; place in freezer for 10 minutes.
- ☐ Remove dough from freezer; remove plastic wrap.
- ☐ Roll dough, still on baking sheet (sprinkle on a little more flour, if needed), into a 12 x 10-inch rectangle. Working with a long side, fold up bottom third of dough. Fold top third of dough over the first fold to form a 12 x 3-inch rectangle. Cover with plastic wrap; place in freezer for 10 minutes.
- ☐ Remove dough from freezer; remove plastic wrap.
- ☐ Roll dough, still on baking sheet, into a 12 x 8-inch rectangle. Beginning with a long side, roll up dough jelly-roll fashion; pinch seam to seal (do not seal ends of roll).
- ☐ Cut roll into 12 equal slices.
- ☐ Place slices, cut sides up, in muffin cups coated with cooking spray. Lightly coat tops of dough slices with cooking spray. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size.

- ☐ Preheat oven to 37
- ☐ Bake dough at 375 for 20 minutes or until golden brown.
- ☐ Remove from pan, and cool for 5 minutes on a wire rack.
- ☐ Serve rolls warm.

Nutrition Facts



Properties

Glycemic Index:19.03, Glycemic Load:20.03, Inflammation Score:-4, Nutrition Score:5.790869569001%

Nutrients (% of daily need)

Calories: 161.57kcal (8.08%), Fat: 3.22g (4.96%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 28.57g (9.52%), Net Carbohydrates: 27.55g (10.02%), Sugar: 4.11g (4.57%), Cholesterol: 8.14mg (2.71%), Sodium: 177.18mg (7.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Vitamin B1: 0.33mg (21.74%), Folate: 72.53µg (18.13%), Selenium: 11.32µg (16.17%), Vitamin B2: 0.21mg (12.32%), Manganese: 0.22mg (11.02%), Vitamin B3: 2.14mg (10.72%), Iron: 1.5mg (8.31%), Phosphorus: 60.85mg (6.08%), Fiber: 1.02g (4.07%), Calcium: 32.87mg (3.29%), Vitamin B5: 0.3mg (2.95%), Vitamin A: 129.12IU (2.58%), Magnesium: 9.86mg (2.46%), Copper: 0.05mg (2.46%), Zinc: 0.37mg (2.44%), Potassium: 74.72mg (2.13%), Vitamin B12: 0.12µg (2.08%), Vitamin B6: 0.03mg (1.74%), Vitamin D: 0.22µg (1.5%)