



## Freckled Butterhorn Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



132 kcal

### Ingredients

- 0.5 ounce yeast dry
- 7 cups bread flour
- 1 cup butter softened
- 4 eggs
- 2 cups milk (110° to 115°)
- 2 teaspoons salt
- 1 cup sugar
- 0.5 cup wheat germ toasted

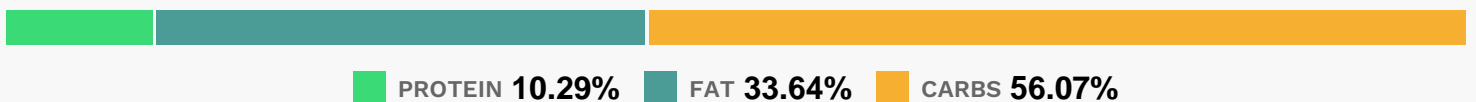
### Equipment

- bowl
- baking sheet
- oven

## Directions

- In a large bowl, dissolve yeast in milk.
- Add butter, sugar, eggs, salt and 4 cups flour. Beat until smooth. Stir in wheat germ and enough remaining flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, 6–8 minutes.
- Place in a greased bowl; turn once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down. Turn onto a lightly floured surface, divide into four portions.
- Roll each into a 12-in. circle; cut each circle into 12 wedges.
- Roll up wedges from the wide end and place pointed end down 2 in. apart on greased baking sheets. Curve ends to form a crescent shape. Cover and let rise in a warm place until doubled, about 45 minutes.
- Bake at 375° for 12 minutes or until light golden brown.
- Remove from pans to wire racks.

## Nutrition Facts



## Properties

Glycemic Index:4.69, Glycemic Load:11.66, Inflammation Score:-2, Nutrition Score:3.3391304184561%

## Nutrients (% of daily need)

Calories: 132.37kcal (6.62%), Fat: 4.96g (7.64%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 18.62g (6.21%), Net Carbohydrates: 17.94g (6.52%), Sugar: 4.72g (5.24%), Cholesterol: 25.03mg (8.34%), Sodium: 137.07mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.83%), Manganese: 0.31mg (15.32%), Selenium: 9.6µg (13.71%), Vitamin B1: 0.08mg (5.13%), Phosphorus: 48.31mg (4.83%), Folate: 18.16µg (4.54%), Vitamin B2: 0.06mg (3.64%), Vitamin A: 154.82IU (3.1%), Zinc: 0.42mg (2.8%), Fiber: 0.68g (2.7%), Vitamin B5: 0.25mg (2.46%), Copper: 0.05mg (2.36%), Magnesium: 9.34mg (2.33%), Vitamin B3: 0.4mg (1.99%), Vitamin B6: 0.04mg (1.97%), Calcium: 19.09mg (1.91%), Iron: 0.31mg (1.74%), Vitamin B12: 0.1µg (1.6%), Potassium: 53.28mg (1.52%), Vitamin E: 0.23mg

(1.51%), Vitamin D: 0.19 $\mu$ g (1.23%)