



French Bread Rolls To Die For



Vegetarian



Vegan



Dairy Free



Popular

READY IN



140 min.

SERVINGS



16

CALORIES



134 kcal

Ingredients



1 tablespoon active yeast dry



4 cups bread flour



1 teaspoon salt



2 tablespoons vegetable oil



1.5 cups warm water 110 degrees F/45 degrees C



2 tablespoons sugar white

Equipment



bowl



baking sheet

☐ oven

Directions

- ☐ In a large bowl, stir together warm water, yeast, and sugar.
- ☐ Let stand until creamy, about 10 minutes.
- ☐ To the yeast mixture, add the oil, salt, and 2 cups flour. Stir in the remaining flour, 1/2 cup at a time, until the dough has pulled away from the sides of the bowl. Turn out onto a lightly floured surface, and knead until smooth and elastic, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl, and turn to coat. Cover with a damp cloth, and let rise in a warm place until doubled in volume, about 1 hour.
- ☐ Deflate the dough, and turn it out onto a lightly floured surface. Divide the dough into 16 equal pieces, and form into round balls.
- ☐ Place on lightly greased baking sheets at least 2 inches apart. Cover the rolls with a damp cloth, and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 400 degrees F (200 degrees C).
- ☐ Bake for 18 to 20 minutes in the preheated oven, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:8.57, Glycemic Load:15.73, Inflammation Score:-1, Nutrition Score:2.8465217200472%

Nutrients (% of daily need)

Calories: 134.43kcal (6.72%), Fat: 2.24g (3.45%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 24.26g (8.09%), Net Carbohydrates: 23.45g (8.53%), Sugar: 1.59g (1.77%), Cholesterol: 0mg (0%), Sodium: 147.22mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.69%), Selenium: 12.44µg (17.76%), Manganese: 0.25mg (12.44%), Folate: 16.16µg (4.04%), Vitamin B1: 0.05mg (3.5%), Fiber: 0.82g (3.27%), Phosphorus: 31.91mg (3.19%), Copper: 0.06mg (3.09%), Vitamin K: 3.22µg (3.07%), Vitamin B3: 0.41mg (2.07%), Magnesium: 8.17mg (2.04%), Zinc: 0.29mg (1.92%), Vitamin E: 0.26mg (1.76%), Vitamin B5: 0.17mg (1.71%), Vitamin B2: 0.03mg (1.71%), Iron: 0.29mg (1.61%)