



Fresh Herb Dinner Rolls

 Vegetarian

READY IN



120 min.

SERVINGS



24

CALORIES



136 kcal

Ingredients

- 0.3 ounce active yeast dry
- 6 cups bread flour
- 2 tablespoons butter softened
- 1 egg white
- 2 eggs
- 0.3 cup chives fresh chopped
- 0.3 cup parsley fresh chopped
- 1 cup milk room temperature
- 2 teaspoons salt

- 1 cup warm water (110 degrees F/45 degrees C)
- 2 tablespoons water
- 1 tablespoon sugar white

Equipment

- bowl
- oven
- mixing bowl
- baking pan

Directions

- In a small mixing bowl, dissolve yeast and sugar in 1 cup warm water.
- Let stand until creamy; about 10 minutes.
- In a large bowl, stir together the yeast mixture with milk, eggs, salt, butter, parsley, chives, and 4 cups flour.
- Add the remaining flour, 1/2 cup at a time, until dough has pulled together. Turn dough 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 with oil. Cover with a damp cloth and put in a warm place to rise until doubled in volume, about 1 hour.
- Grease two 9x13 inch baking pans. Deflate the dough, and turn it out onto a lightly floured surface. Divide the dough into 24 pieces. Shape each piece into a round ball, and place into the prepared pans. Cover the rolls with a warm, damp cloth, and let rise until doubled in volume, about 40 minutes.
- Preheat oven to 350 degrees F (175 degrees C). In a small bowl, lightly beat the egg white with 2 tablespoons of water; brush egg wash over tops of rolls.
- Bake in preheated oven for about 30 minutes, or until golden brown.

Nutrition Facts

 **PROTEIN 14.4%**  **FAT 14.56%**  **CARBS 71.04%**

Properties

Glycemic Index:12.59, Glycemic Load:15.22, Inflammation Score:-2, Nutrition Score:4.1186956685522%

Flavonoids

Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 136.41kcal (6.82%), Fat: 2.17g (3.34%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 22.99g (8.36%), Sugar: 1.12g (1.25%), Cholesterol: 17.37mg (5.79%), Sodium: 214.14mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.67%), Selenium: 14.02µg (20.03%), Manganese: 0.25mg (12.65%), Vitamin K: 11.36µg (10.81%), Folate: 20.42µg (5.1%), Phosphorus: 50.79mg (5.08%), Vitamin B1: 0.07mg (4.37%), Vitamin B2: 0.07mg (4.02%), Fiber: 0.86g (3.44%), Copper: 0.06mg (3.24%), Vitamin B5: 0.28mg (2.78%), Vitamin A: 136.84IU (2.74%), Magnesium: 10.4mg (2.6%), Zinc: 0.39mg (2.6%), Vitamin B3: 0.46mg (2.29%), Iron: 0.4mg (2.22%), Calcium: 21.41mg (2.14%), Potassium: 61.44mg (1.76%), Vitamin B12: 0.09µg (1.51%), Vitamin B6: 0.03mg (1.48%), Vitamin E: 0.2mg (1.34%), Vitamin C: 1.07mg (1.3%), Vitamin D: 0.19µg (1.23%)