



## Fresh Herb Spoon Rolls

 Vegetarian

READY IN



20 min.

SERVINGS



1

CALORIES



3333 kcal

### Ingredients

- 0.3 oz active yeast dry
- 0.8 cup butter melted
- 1 large eggs lightly beaten
- 0.8 cup chives fresh chopped
- 0.5 cup parsley fresh chopped
- 4 cups self-rising flour
- 0.3 cup sugar
- 2 cups warm water (110°)

### Equipment

bowl

oven

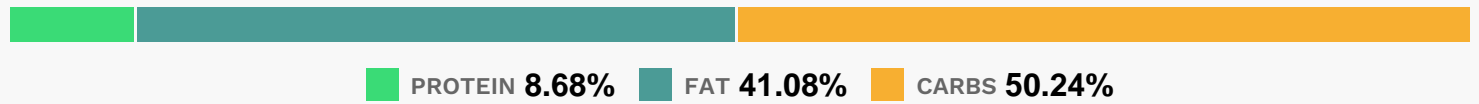
## Directions

Preheat oven to 40

Combine yeast and 2 cups warm water in a large bowl; let stand 5 minutes. Stir in flour and remaining ingredients. Spoon batter into 2 lightly greased 12-cup muffin pans, filling three-fourths full.

Bake at 400 for 20 to 22 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:264.09, Glycemic Load:270.43, Inflammation Score:-10, Nutrition Score:54.309565336808%

## Flavonoids

Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 4.45mg, Myricetin: 4.45mg, Myricetin: 4.45mg, Myricetin: 4.45mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

## Nutrients (% of daily need)

Calories: 3332.53kcal (166.63%), Fat: 152.28g (234.28%), Saturated Fat: 90.45g (565.3%), Carbohydrates: 419.04g (139.68%), Net Carbohydrates: 403.39g (146.69%), Sugar: 52.55g (58.39%), Cholesterol: 552.04mg (184.01%), Sodium: 1221.18mg (53.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.38g (144.76%), Vitamin K: 569.5µg (542.38%), Selenium: 216.71µg (309.59%), Manganese: 4.16mg (207.9%), Vitamin A: 8367.65IU (167.35%), Folate: 436.55µg (109.14%), Vitamin B1: 1.26mg (83.82%), Phosphorus: 704.81mg (70.48%), Vitamin C: 57.35mg (69.52%), Fiber: 15.65g (62.59%), Copper: 1.15mg (57.4%), Vitamin B2: 0.94mg (55.49%), Vitamin E: 6.76mg (45.09%), Iron: 7.93mg (44.04%), Vitamin B5: 4.32mg (43.18%), Vitamin B3: 8.55mg (42.73%), Magnesium: 170.56mg (42.64%), Zinc: 6.15mg (41.02%), Potassium: 933.54mg (26.67%), Calcium: 229.68mg (22.97%), Vitamin B6: 0.45mg (22.49%), Vitamin B12: 0.74µg (12.32%), Vitamin D: 1µg (6.67%)