



## Green Chile Pan Rolls

READY IN



35 min.

SERVINGS



100

CALORIES



24 kcal

BREAD

## Ingredients

- ☐ 9 ounce chiles green divided chopped canned
- ☐ 4 cups flour all-purpose divided
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup butter divided
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup skim milk cold
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup warm water (105° to 115°)
- ☐ 1 package rapid-rise yeast

## Equipment

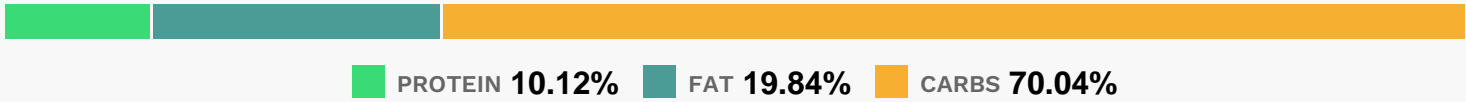
- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ measuring cup

## Directions

- ☐ Drain 1 can chiles, and press firmly between paper towels to remove excess moisture; set aside.
- ☐ Combine yeast, sugar, and water in a 1-cup liquid measuring cup; let stand 5 minutes.
- ☐ Position knife blade in food processor bowl.
- ☐ Add remaining 1 can chopped chiles, salt, and red pepper; process until smooth.
- ☐ Add 4 cups flour and 3 tablespoons margarine; process 15 seconds.
- ☐ Add milk to yeast mixture; stir well.
- ☐ Pour yeast mixture through food chute with processor running. Process 30 seconds or until dough forms a ball; process 1 additional minute.
- ☐ Add drained chiles; process 5 seconds.
- ☐ Add remaining 1 tablespoon flour through food chute with processor running; process 5 seconds.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 8 minutes.
- ☐ Turn dough out onto work surface, and divide into 24 equal portions. Shape each portion into a ball.
- ☐ Place balls in two 8-inch round cakepans coated with cooking spray. Cover and let rise in a warm place, free from drafts, 8 minutes. (
- ☐ Rolls will rise slightly.)
- ☐ Melt remaining 1 tablespoon margarine; brush half of melted margarine over tops of rolls.

- ☐
- Bake at 375 for 20 minutes or until golden.
- ☐
- Remove rolls from pans, and brush with remaining melted margarine.

## Nutrition Facts



## Properties

Glycemic Index:2.1, Glycemic Load:2.86, Inflammation Score:-1, Nutrition Score:0.91608696139377%

## Nutrients (% of daily need)

Calories: 23.79kcal (1.19%), Fat: 0.52g (0.8%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.93g (1.43%), Sugar: 0.17g (0.19%), Cholesterol: 0.02mg (0.01%), Sodium: 27.61mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.19%), Vitamin B1: 0.05mg (3.18%), Folate: 12.19µg (3.05%), Selenium: 1.73µg (2.46%), Vitamin B2: 0.03mg (1.74%), Manganese: 0.03mg (1.72%), Vitamin B3: 0.34mg (1.7%), Iron: 0.27mg (1.49%), Vitamin C: 0.88mg (1.06%)