

Hamburger Buns

 Gluten Free

READY IN



40 min.

SERVINGS



25

CALORIES



38 kcal

Ingredients

- 0.5 ounce yeast instant
- 0.3 cup butter melted
- 2 cups warm milk (110 degrees F/45 degrees C)
- 2 teaspoons salt
- 0.3 cup warm water
- 0.3 cup sugar white

Equipment

- bowl
- baking sheet

oven

Directions

- In a large bowl, stir together the milk, margarine, warm water, sugar and yeast.
- Let stand for about 5 minutes.
- Mix in the salt, and gradually stir in the flour until you have a soft dough. Divide into 25 pieces, and form into balls.
- Place on baking sheets so they are 2 to 3 inches apart.
- Let rise for 20 minutes.
- Preheat the oven to 375 degrees F (190 degrees C).
- Bake the rolls for 15 minutes in the preheated oven. Cool slightly, then split them in half horizontally to fill with your favorite burgers.

Nutrition Facts



PROTEIN 9.2% **FAT 58.17%** **CARBS 32.63%**

Properties

Glycemic Index:4.32, Glycemic Load:1.74, Inflammation Score:-1, Nutrition Score:1.310869563128%

Nutrients (% of daily need)

Calories: 37.58kcal (1.88%), Fat: 2.5g (3.85%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 3.01g (1.09%), Sugar: 2.93g (3.26%), Cholesterol: 2.34mg (0.78%), Sodium: 215.29mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin B1: 0.07mg (4.9%), Folate: 13.29µg (3.32%), Vitamin B2: 0.05mg (2.99%), Calcium: 25.07mg (2.51%), Phosphorus: 23.85mg (2.38%), Vitamin A: 112.82IU (2.26%), Vitamin B12: 0.11µg (1.8%), Vitamin B5: 0.15mg (1.51%), Vitamin D: 0.21µg (1.43%), Vitamin B3: 0.25mg (1.24%), Vitamin B6: 0.02mg (1.03%), Potassium: 35.73mg (1.02%)