

Hamburger Buns

READY IN



40 min.

SERVINGS



25

CALORIES



147 kcal

BREAD

Ingredients

- ☐ 6 cups flour all-purpose or as needed
- ☐ 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



Properties

Glycemic Index:7.32, Glycemic Load:18.3, Inflammation Score:-3, Nutrition Score:5.4304348033569%

Nutrients (% of daily need)

Calories: 146.78kcal (7.34%), Fat: 2.8g (4.3%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 25.09g (9.12%), Sugar: 3.02g (3.35%), Cholesterol: 2.34mg (0.78%), Sodium: 215.89mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin B1: 0.31mg (20.6%), Folate: 68.19µg (17.05%), Selenium: 10.6µg (15.14%), Vitamin B2: 0.2mg (11.71%), Manganese: 0.21mg (10.39%), Vitamin B3: 2.02mg (10.1%), Iron: 1.41mg (7.82%), Phosphorus: 56.25mg (5.62%), Fiber: 0.96g (3.85%), Calcium: 29.57mg (2.96%), Vitamin B5: 0.28mg (2.83%), Magnesium: 9.35mg (2.34%), Copper: 0.05mg (2.33%), Vitamin A: 112.82IU (2.26%), Zinc: 0.34mg (2.24%), Potassium: 67.83mg (1.94%), Vitamin B12: 0.11µg (1.8%), Vitamin B6: 0.03mg (1.69%), Vitamin D: 0.21µg (1.43%)