



Herb Cloverleaf Rolls

READY IN



45 min.

SERVINGS



18

CALORIES



124 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups flour all-purpose divided
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.5 teaspoon thyme dried
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large egg whites lightly beaten
- ☐ 0.5 cup evaporated skim milk
- ☐ 0.8 cup milk 1% low-fat
- ☐ 1.5 tablespoons butter melted
- ☐ 0.5 teaspoon oregano dried

- ☐ 1 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup water (105° to 115°)
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Dissolve yeast and sugar in warm water in a large bowl; let stand 5 minutes. Stir in milks. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 3 cups flour, margarine, and next 5 ingredients (margarine through pepper) to yeast mixture; stir until blended. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ 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, 1 hour or until doubled in bulk. Punch dough down; cover and let rest 10 minutes. Divide dough into 18 equal portions. Working with 1 portion at a time (cover remaining dough to keep from drying), divide each portion into 3 pieces; shape each piece into a ball. Coat muffin pans with cooking spray; place 3 dough balls in each muffin cup. Cover and let rise in a warm place, free from drafts, 30 minutes or until doubled in bulk.
- ☐ Preheat oven to 35
- ☐ Uncover dough.
- ☐ Combine 1 tablespoon water and egg white; brush over dough.
- ☐ Bake at 350 for 20 minutes.
- ☐ Serve warm.

Nutrition Facts



 PROTEIN **13.54%**  FAT **10.06%**  CARBS **76.4%**

Properties

Glycemic Index:14.01, Glycemic Load:15.65, Inflammation Score:-4, Nutrition Score:5.1839130805886%

Nutrients (% of daily need)

Calories: 123.51kcal (6.18%), Fat: 1.36g (2.09%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 22.32g (8.12%), Sugar: 1.83g (2.04%), Cholesterol: 0.78mg (0.26%), Sodium: 156.25mg (6.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.23%), Vitamin B1: 0.27mg (18.01%), Folate: 61.08µg (15.27%), Selenium: 10.21µg (14.58%), Vitamin B2: 0.2mg (11.62%), Manganese: 0.2mg (10.02%), Vitamin B3: 1.83mg (9.13%), Iron: 1.38mg (7.66%), Phosphorus: 57.2mg (5.72%), Calcium: 39.55mg (3.96%), Fiber: 0.9g (3.59%), Vitamin B5: 0.27mg (2.68%), Magnesium: 9.97mg (2.49%), Copper: 0.05mg (2.26%), Zinc: 0.34mg (2.24%), Potassium: 77.52mg (2.21%), Vitamin A: 91.26IU (1.83%), Vitamin D: 0.25µg (1.67%), Vitamin B6: 0.03mg (1.45%), Vitamin B12: 0.08µg (1.34%)