



Herman Dinner Rolls



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



16

CALORIES



103 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 2 cups flour all-purpose
- ☐ 1 pinch salt
- ☐ 1 cup herman sourdough starter
- ☐ 4 tablespoons vegetable oil
- ☐ 0.5 cup warm water (110 degrees F/45 degrees C)

Equipment

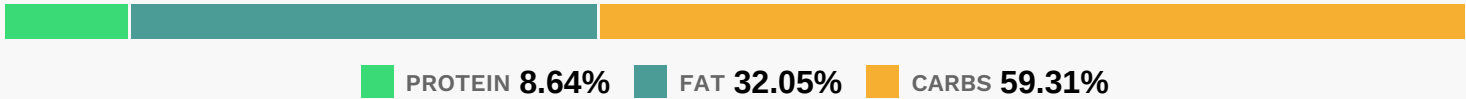
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ In a large bowl combine yeast and warm water. Stir until yeast is dissolved.
- ☐ Add Herman Sweet Sourdough Starter, flour, salt, and oil.
- ☐ Mix well.
- ☐ Shape into 16 rolls.
- ☐ Place in a greased 8x8 inch pan.
- ☐ Let stand for 30 to 40 minutes.
- ☐ Bake in a 350 degree F (175 degree C) oven for 20 minutes, or until brown.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:8.63, Inflammation Score:-1, Nutrition Score:2.9508695671254%

Nutrients (% of daily need)

Calories: 102.59kcal (5.13%), Fat: 3.62g (5.58%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 14.44g (5.25%), Sugar: 0.04g (0.05%), Cholesterol: 0mg (0%), Sodium: 3.56mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Vitamin B1: 0.17mg (11.43%), Folate: 38.96µg (9.74%), Selenium: 5.33µg (7.62%), Vitamin K: 6.3µg (6%), Vitamin B2: 0.09mg (5.58%), Vitamin B3: 1.1mg (5.5%), Manganese: 0.11mg (5.4%), Iron: 0.74mg (4.09%), Fiber: 0.65g (2.59%), Phosphorus: 19.7mg (1.97%), Vitamin E: 0.29mg (1.92%), Copper: 0.03mg (1.28%), Vitamin B5: 0.13mg (1.28%)