

Honey Wheat Sandwich Rolls

 Vegetarian

READY IN



165 min.

SERVINGS



14

CALORIES



184 kcal

BREAD

Ingredients

- 2.8 cups bread flour
- 1.3 teaspoons bread machine yeast
- 2 tablespoons butter melted
- 2 tablespoons butter softened
- 1 eggs beaten
- 0.3 cup honey
- 1.3 cups milk
- 0.8 teaspoon salt

1 cup flour whole wheat

Equipment

frying pan

baking sheet

oven

bread machine

Directions

Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select dough cycle; press start.

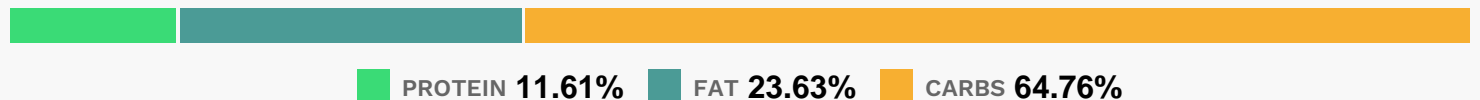
When dough cycle has finished, turn dough out onto a lightly floured surface and roll out 3/4 inch thick.

Cut out rolls with a 3 to 4 inch diameter biscuit cutter.

Place on lightly greased cookie sheets; cover and let rise until doubled, about 1 hour. Meanwhile, preheat oven to 350 degrees F (175 degrees C).

Bake in preheated oven for 10 to 15 minutes. When rolls are finished baking, brush with melted butter.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:14.53, Inflammation Score:-2, Nutrition Score:5.7286955834083%

Nutrients (% of daily need)

Calories: 183.86kcal (9.19%), Fat: 4.9g (7.53%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 30.19g (10.06%), Net Carbohydrates: 28.55g (10.38%), Sugar: 6.14g (6.83%), Cholesterol: 22.91mg (7.64%), Sodium: 164.17mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.83%), Manganese: 0.55mg (27.57%), Selenium: 16.55µg (23.64%), Phosphorus: 86.65mg (8.66%), Vitamin B1: 0.12mg (8.32%), Fiber: 1.64g (6.55%), Folate: 23.89µg (5.97%), Vitamin B2: 0.09mg (5.56%), Magnesium: 21.31mg (5.33%), Vitamin B3: 0.88mg (4.41%), Copper: 0.09mg (4.33%), Zinc: 0.61mg (4.09%), Calcium: 36.69mg (3.67%), Vitamin B5: 0.36mg (3.57%), Vitamin B6: 0.07mg (3.54%), Iron: 0.62mg (3.45%), Vitamin A: 153.49IU (3.07%), Potassium: 101.02mg (2.89%), Vitamin B12: 0.15µg (2.55%), Vitamin D:

0.3µg (2.02%), Vitamin E: 0.3mg (1.97%)