



Hurry-Up Crescent Rolls

 Vegetarian  Vegan  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



138 kcal

Ingredients

- 0.3 ounce active yeast dry
- 3 cups biscuit mix
- 2 tablespoons sugar
- 0.8 cup warm water (105° to 115°)

Equipment

- bowl
- baking sheet
- oven
- aluminum foil

measuring cup

Directions

- Combine yeast and warm water in a 1-cup liquid measuring cup; let stand 5 minutes.
- Combine biscuit mix and sugar in a large bowl; gradually stir in yeast mixture.
- Turn dough out onto a floured surface, and knead until smooth and elastic (about 10 minutes).
- Roll dough into a 12-inch circle; cut circle into 12 wedges.
- Roll up wedges, beginning at wide end; place, point side down, on a lightly greased baking sheet.
- Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- Bake at 425 for 10 to 12 minutes or until golden.
- Rolls may be frozen up to 2 months.
- Bake at 425 for 5 minutes; cool. Wrap in aluminum foil, and freeze in an airtight container. Thaw at room temperature on a lightly greased baking sheet; bake at 425 for 7 to 8 minutes or until golden.

Nutrition Facts

 PROTEIN **7.68%**  FAT **30.58%**  CARBS **61.74%**

Properties

Glycemic Index:5.84, Glycemic Load:1.4, Inflammation Score:-2, Nutrition Score:4.4504347730266%

Nutrients (% of daily need)

Calories: 138.02kcal (6.9%), Fat: 4.67g (7.19%), Saturated Fat: 1.2g (7.47%), Carbohydrates: 21.23g (7.08%), Net Carbohydrates: 20.44g (7.43%), Sugar: 5.49g (6.1%), Cholesterol: 0.6mg (0.2%), Sodium: 383.86mg (16.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Phosphorus: 179.26mg (17.93%), Vitamin B1: 0.24mg (15.83%), Folate: 51.32µg (12.83%), Vitamin B2: 0.16mg (9.12%), Vitamin B3: 1.6mg (8%), Calcium: 54.34mg (5.43%), Manganese: 0.1mg (5.2%), Iron: 0.84mg (4.69%), Vitamin B5: 0.34mg (3.45%), Selenium: 2.31µg (3.3%), Fiber: 0.79g (3.16%), Copper: 0.05mg (2.56%), Magnesium: 7.97mg (1.99%), Vitamin B12: 0.12µg (1.96%), Vitamin K: 1.95µg (1.86%), Vitamin B6: 0.03mg (1.58%), Potassium: 54.58mg (1.56%), Zinc: 0.23mg (1.52%)