



## Hurry-Up Homemade Crescent Rolls

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



105 min.

SERVINGS



12

CALORIES



10 kcal

### Ingredients

- 1 package yeast dry
- 2 tablespoons sugar
- 0.8 cup water (105°F to 115°F)
- 3 cups frangelico
- 3 cups frangelico

### Equipment

- bowl
- baking sheet
- oven

- plastic wrap
- measuring cup

## Directions

- In 1-cup measuring cup, mix yeast and warm water; let stand 5 minutes. In large bowl, stir 3 cups of the Bisquick mix and the sugar; gradually stir in yeast mixture.
- On floured surface, knead dough until smooth and elastic, about 10 minutes, adding remaining 1/2 cup Bisquick mix as needed.
- Roll dough into 12-inch round; cut into 12 wedges.
- Roll up wedges, starting at wide end, to form crescent shape. Spray cookie sheet with cooking spray; place rolls, point sides down, on cookie sheet. Cover loosely with plastic wrap and cloth towel.
- Let rise in warm place (80F to 85F) 1 hour or until doubled in size.
- Heat oven to 425F. Uncover rolls.
- Bake 10 to 12 minutes or until golden.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:5.84, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:0.59347827141376%

## Nutrients (% of daily need)

Calories: 9.6kcal (0.48%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 2.08g (0.75%), Sugar: 2g (2.22%), Cholesterol: 0mg (0%), Sodium: 1.06mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.47%), Vitamin B1: 0.06mg (4.28%), Folate: 13.65µg (3.41%), Vitamin B2: 0.02mg (1.39%), Vitamin B3: 0.23mg (1.17%)