



Hurry-Up Homemade Crescent Rolls



Vegetarian



Vegan



Dairy Free

READY IN



100 min.

SERVINGS



1

CALORIES



1684 kcal

BREAD

Ingredients

- ☐ 0.3 oz active yeast dry
- ☐ 3 cups baking mix all-purpose
- ☐ 1 serving flour all-purpose
- ☐ 2 tablespoons sugar
- ☐ 0.8 cup warm water (105° to 115°)

Equipment

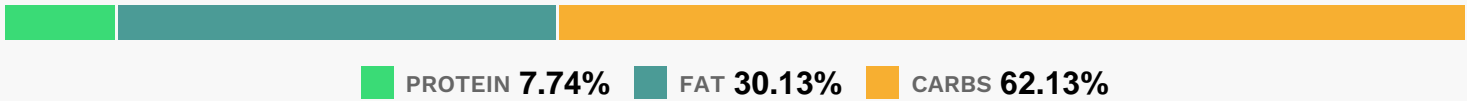
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil
- ☐ stand mixer
- ☐ measuring cup

Directions

- ☐ Combine yeast and warm water in a 1-cup measuring cup; let stand 5 minutes.
- ☐ Combine 3 cups baking mix and sugar in a large bowl; gradually stir in yeast mixture.
- ☐ Turn dough out onto a floured surface, and knead, adding additional baking mix (up to 1/2 cup) as needed, until dough is smooth and elastic (about 10 minutes).
- ☐ Roll dough into a 12-inch circle; cut circle into 12 wedges.
- ☐ Roll up wedges, starting at wide end, to form a crescent shape; place, point sides 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.
- ☐ Preheat oven to 42
- ☐ Bake 10 to 12 minutes or until golden.
- ☐ Note: To make rolls in a heavy-duty electric stand mixer, prepare as directed in Step Beat dough at medium speed, using dough hook attachment, about 5 minutes, beating in 1/2 cup additional baking mix, if needed, until dough leaves the sides of the bowl and pulls together, becoming soft and smooth. Proceed with recipe as directed in Step We tested with Bisquick All-Purpose Baking
- ☐ Mix.
- ☐ Rolls may be frozen up to 2 months.
- ☐ Bake at 425 for 5 minutes; cool completely (about 30 minutes). 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



Properties

Glycemic Index:145.09, Glycemic Load:20.9, Inflammation Score:-9, Nutrition Score:42.315217542907%

Nutrients (% of daily need)

Calories: 1683.53kcal (84.18%), Fat: 56.13g (86.35%), Saturated Fat: 14.36g (89.73%), Carbohydrates: 260.43g (86.81%), Net Carbohydrates: 250.76g (91.18%), Sugar: 65.91g (73.24%), Cholesterol: 7.2mg (2.4%), Sodium: 4606.48mg (200.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.44g (64.88%), Phosphorus: 2159.25mg (215.92%), Vitamin B1: 2.91mg (193.9%), Folate: 629.57µg (157.39%), Vitamin B2: 1.9mg (111.67%), Vitamin B3: 19.64mg (98.22%), Calcium: 653.21mg (65.32%), Manganese: 1.3mg (64.91%), Iron: 10.49mg (58.25%), Selenium: 30.25µg (43.21%), Vitamin B5: 4.17mg (41.72%), Fiber: 9.67g (38.68%), Copper: 0.63mg (31.31%), Magnesium: 97.25mg (24.31%), Vitamin B12: 1.41µg (23.48%), Vitamin K: 23.45µg (22.33%), Vitamin B6: 0.38mg (19.16%), Potassium: 662.99mg (18.94%), Zinc: 2.8mg (18.64%), Vitamin E: 0.47mg (3.15%), Vitamin C: 1.1mg (1.33%)