



Make-Ahead Spoon Rolls

 Vegetarian

READY IN



15 min.

SERVINGS



100

CALORIES



33 kcal

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 0.8 cup butter cooled melted
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 1 pinch salt
- ☐ 4 cups self-rising flour
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon sugar

☐ 2 cups water lukewarm 100° to 110°

Equipment

☐ bowl

☐ oven

Directions

☐ Combine first 3 ingredients in a large bowl; let mixture stand 5 minutes. Stir in flour and next 6 ingredients until blended. Spoon into muffin pans coated with baking spray, filling two-thirds full.

☐ Bake at 400 for 20 minutes or until rolls are golden brown.

Nutrition Facts



■ PROTEIN 8.49% ■ FAT 40.91% ■ CARBS 50.6%

Properties

Glycemic Index:2.67, Glycemic Load:2.73, Inflammation Score:-1, Nutrition Score:0.60521738166394%

Nutrients (% of daily need)

Calories: 33.41kcal (1.67%), Fat: 1.52g (2.34%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 4.07g (1.48%), Sugar: 0.56g (0.62%), Cholesterol: 5.52mg (1.84%), Sodium: 12.44mg (0.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Selenium: 2.17µg (3.1%), Manganese: 0.04mg (2.1%)