



Make-Ahead Yeast Rolls

READY IN



45 min.

SERVINGS



32

CALORIES



84 kcal

Ingredients

- ☐ 4.5 cups bread flour divided
- ☐ 4.5 teaspoons yeast dry
- ☐ 2 tablespoons butter softened
- ☐ 1.8 cups nonfat buttermilk low-fat
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup warm water (105° to 115°)

Equipment

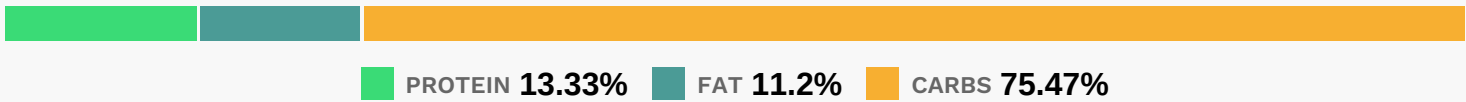
- ☐ bowl

- ☐ oven
- ☐ wooden spoon
- ☐ measuring cup

Directions

- ☐ Combine yeast and warm water in a 1-cup liquid measuring cup; let stand 5 minutes.
- ☐ Combine yeast mixture, 2 cups flour, and next 4 ingredients in a large bowl; beat with a wooden spoon 2 minutes. Gradually stir in enough remaining flour to make a soft dough. Cover and let rise in a warm place (85), free from drafts, 1 hour.
- ☐ Punch dough down; cover and chill at least 8 hours.
- ☐ Punch dough down; turn out onto a lightly floured surface, and knead 3 or 4 times. Divide dough in half; shape each portion into 16 (2-inch) balls.
- ☐ Place balls in two 9-inch square pans coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, 1 1/2 hours or until dough is doubled in bulk.
- ☐ Preheat oven to 37
- ☐ Bake rolls at 375 for 12 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:4.28, Glycemic Load:9.71, Inflammation Score:-1, Nutrition Score:1.8526087225131%

Nutrients (% of daily need)

Calories: 84.11kcal (4.21%), Fat: 1.04g (1.59%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 15.17g (5.52%), Sugar: 2.78g (3.09%), Cholesterol: 0.26mg (0.09%), Sodium: 129.85mg (5.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.55%), Selenium: 7.03µg (10.04%), Manganese: 0.14mg (7.05%), Vitamin B1: 0.06mg (4.15%), Folate: 16.05µg (4.01%), Fiber: 0.54g (2.16%), Phosphorus: 20.04mg (2%), Vitamin B3: 0.35mg (1.76%), Copper: 0.03mg (1.72%), Vitamin B2: 0.03mg (1.69%), Vitamin B5: 0.14mg (1.37%), Zinc: 0.18mg (1.23%), Magnesium: 4.68mg (1.17%)