



## Miniature Spoon Rolls

 Vegetarian

READY IN



24 min.

SERVINGS



100

CALORIES



33 kcal

### Ingredients

- 0.3 oz active yeast dry
- 0.8 cup butter melted
- 1 large eggs lightly beaten
- 4 cups self-rising flour
- 0.3 cup sugar
- 2 cups warm water (100° to 110°)

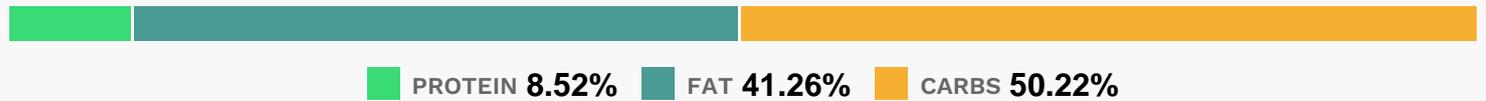
### Equipment

- bowl
- oven

## Directions

- Preheat oven to 400
- Combine yeast and 2 cups warm water in a large bowl; let stand 5 minutes. Stir in flour and remaining ingredients until blended. Spoon batter into 2 greased (24-cup) miniature muffin pans\*.
- Bake at 400 for 9 minutes or until golden.
- \*4 (12-cup) miniature muffin pans may be substituted.

## Nutrition Facts



## Properties

Glycemic Index:1.87, Glycemic Load:2.7, Inflammation Score:-1, Nutrition Score:0.57130434331687%

## Nutrients (% of daily need)

Calories: 33.13kcal (1.66%), Fat: 1.52g (2.34%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 4.02g (1.46%), Sugar: 0.52g (0.57%), Cholesterol: 5.52mg (1.84%), Sodium: 12.03mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.41%), Selenium: 2.16µg (3.09%), Manganese: 0.04mg (2%)