



Miss Betty's Super Quick Dinner Rolls

 Vegetarian  Popular

READY IN



20 min.

SERVINGS



5

CALORIES



143 kcal

Ingredients

- 2 tablespoons mayonnaise
- 0.5 cup milk
- 1 cup self-rising flour

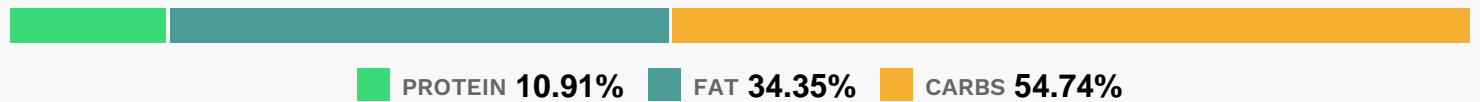
Equipment

- bowl
- oven
- muffin liners
- muffin tray

Directions

- Preheat the oven to 350 degrees F (175 degrees C). If you are not using a nonstick muffin pan, grease 5 cups of a regular muffin pan.
- In a medium bowl, stir together the flour, milk, and mayonnaise. Spoon into the 5 prepared muffin cups.
- Bake for 15 minutes in the preheated oven, or until nicely puffed and browned.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:12.2, Inflammation Score:-1, Nutrition Score:3.2004348298778%

Nutrients (% of daily need)

Calories: 142.97kcal (7.15%), Fat: 5.38g (8.28%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 18.7g (6.8%), Sugar: 1.28g (1.43%), Cholesterol: 5.28mg (1.76%), Sodium: 45.33mg (1.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Selenium: 10.52µg (15.02%), Manganese: 0.2mg (9.97%), Vitamin K: 9.28µg (8.83%), Phosphorus: 50.07mg (5.01%), Calcium: 34.21mg (3.42%), Vitamin B2: 0.05mg (2.93%), Fiber: 0.6g (2.4%), Copper: 0.05mg (2.34%), Magnesium: 9.23mg (2.31%), Vitamin B12: 0.14µg (2.31%), Vitamin B1: 0.03mg (2.28%), Zinc: 0.32mg (2.14%), Folate: 8.53µg (2.13%), Vitamin B5: 0.21mg (2.1%), Vitamin E: 0.3mg (1.97%), Vitamin D: 0.28µg (1.86%), Potassium: 62.72mg (1.79%), Vitamin B3: 0.28mg (1.38%), Iron: 0.24mg (1.32%), Vitamin B6: 0.02mg (1.23%)