



No-knead French Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



131 kcal

BREAD

Ingredients

- 1 package active yeast dry
- 2 tablespoons butter melted
- 4 cups flour all-purpose
- 1 teaspoon salt
- 1 tablespoon sugar

Equipment

- bowl
- baking sheet

oven

plastic wrap

Directions

In a large bowl, combine yeast, 1 1/2 cups warm water (110 to 115), sugar, butter, and salt; let stand about 5 minutes. Stir in flour until well blended. Cover bowl with plastic wrap and let rise in a warm place until almost doubled, 45 minutes to 1 hour.

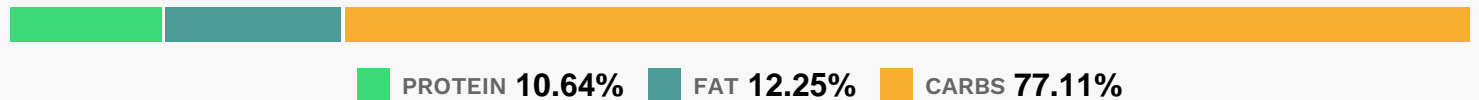
Punch dough down. On a floured board, cut dough into 16 equal portions.

Roll each piece into a ball; place 2 to 3 inches apart on greased baking sheets. Cover lightly and let rise until almost doubled, 10 to 20 minutes.

Uncover and bake in a 400 oven until golden brown, 15 to 18 minutes.

Serve warm or cool. If making ahead, store airtight at room temperature up to next day. Reheat, uncovered, in a 350 oven until warm, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:17.78, Inflammation Score:-3, Nutrition Score:4.809565173867%

Nutrients (% of daily need)

Calories: 130.64kcal (6.53%), Fat: 1.75g (2.69%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 23.83g (8.66%), Sugar: 0.83g (0.93%), Cholesterol: 0mg (0%), Sodium: 162.7mg (7.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Vitamin B1: 0.29mg (19.57%), Folate: 67.44µg (16.86%), Selenium: 10.63µg (15.19%), Manganese: 0.21mg (10.74%), Vitamin B2: 0.17mg (10.16%), Vitamin B3: 2.02mg (10.11%), Iron: 1.46mg (8.12%), Fiber: 0.96g (3.85%), Phosphorus: 36.94mg (3.69%), Copper: 0.05mg (2.35%), Vitamin B5: 0.2mg (1.97%), Magnesium: 7.17mg (1.79%), Zinc: 0.25mg (1.69%), Vitamin A: 62.6IU (1.25%), Potassium: 38.4mg (1.1%), Vitamin B6: 0.02mg (1.02%)