



Oatmeal Sourdough Rolls

 Dairy Free

READY IN



27 min.

SERVINGS



24

CALORIES



120 kcal

BREAD

Ingredients

- 0.5 teaspoon baking soda
- 1 eggs lightly beaten
- 3 cups flour all-purpose
- 3 tablespoons honey
- 0.5 cup butter
- 1 tablespoon blackstrap molasses
- 0.5 cup oats quick
- 1 teaspoon salt

- 1 cup starter
- 0.5 cup water
- 2 teaspoons yeast

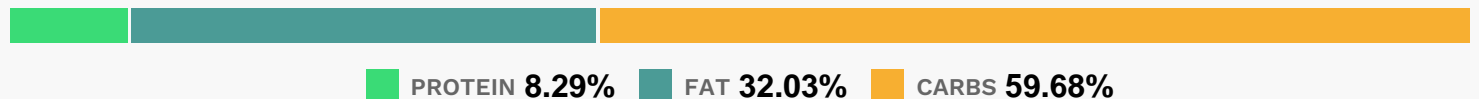
Equipment

- baking sheet
- oven
- bread machine

Directions

- Place ingredients in bread machine pan in the order recommended by the manufacturer. Select the Dough Cycle, then press Start.
- When the cycle is complete, transfer dough to a lightly floured surface and divide into 24 rolls. Cover with a towel and let rolls rise until doubled, about 1 hour.
- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a large baking sheet.
- Arrange the rolls on the prepared baking sheet, and bake 10 to 12 minutes in the preheated oven, until lightly browned.

Nutrition Facts



Properties

Glycemic Index:9.84, Glycemic Load:10.67, Inflammation Score:-3, Nutrition Score:3.3673912943543%

Nutrients (% of daily need)

Calories: 120.48kcal (6.02%), Fat: 4.3g (6.61%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 17.28g (6.29%), Sugar: 2.85g (3.17%), Cholesterol: 6.82mg (2.27%), Sodium: 168.2mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin B1: 0.16mg (10.79%), Manganese: 0.2mg (9.78%), Selenium: 6.62µg (9.46%), Folate: 36.16µg (9.04%), Vitamin B2: 0.1mg (5.93%), Vitamin B3: 1.05mg (5.27%), Iron: 0.89mg (4.96%), Vitamin A: 179.06IU (3.58%), Phosphorus: 31.34mg (3.13%), Fiber: 0.73g (2.91%), Magnesium: 10.62mg (2.66%), Copper: 0.04mg (1.85%), Vitamin B5: 0.16mg (1.56%), Zinc: 0.22mg (1.44%), Vitamin E: 0.19mg (1.25%), Potassium: 43.31mg (1.24%), Vitamin B6: 0.02mg (1.11%)