



Pan de Sal - Filipino Bread Rolls

READY IN



188 min.

SERVINGS



20

CALORIES



129 kcal

Ingredients

- 2.5 teaspoons yeast dry
- 0.8 teaspoon bread
- 3.3 cups bread flour
- 0.5 cup breadcrumbs dry
- 2 eggs
- 1 cup evaporated milk canned
- 2 tablespoons butter
- 0.3 teaspoon salt
- 0.3 cup sugar

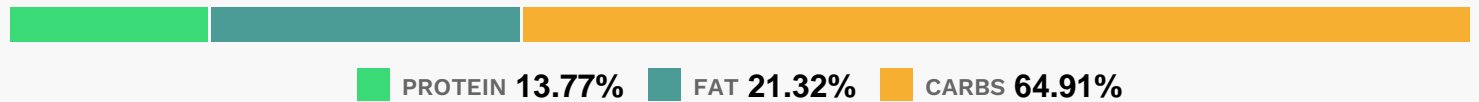
Equipment

- baking sheet
- oven
- bread machine

Directions

- Place the yeast, bread flour, bread improver, sugar, salt, margarine, eggs, and 1 cup of evaporated milk into a bread machine in the order recommended by the manufacturer. Select the Dough cycle, and press start.
- When the cycle has ended, remove the dough from the machine, and form into 2 inch balls. Dip each ball in the remaining evaporated milk, then in the dry bread crumbs.
- Place the rolls on a baking sheet crumb-side up. Cover loosely with a cloth or plastic, and let rise until doubled in size, about 30 minutes.
- Preheat the oven to 350 degrees F (175 degrees C).
- Bake rolls for 8 minutes, or until golden brown on the top and bottom.

Nutrition Facts



Properties

Glycemic Index:9.79, Glycemic Load:11.34, Inflammation Score:-2, Nutrition Score:3.5300000102624%

Nutrients (% of daily need)

Calories: 128.76kcal (6.44%), Fat: 3.02g (4.65%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 20g (7.27%), Sugar: 4.02g (4.46%), Cholesterol: 20.02mg (6.67%), Sodium: 83.14mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.79%), Selenium: 10.48µg (14.98%), Manganese: 0.19mg (9.56%), Vitamin B1: 0.09mg (6.25%), Phosphorus: 61.49mg (6.15%), Vitamin B2: 0.1mg (5.88%), Folate: 21.94µg (5.48%), Calcium: 44.15mg (4.41%), Vitamin B5: 0.31mg (3.07%), Vitamin B3: 0.58mg (2.88%), Fiber: 0.72g (2.88%), Zinc: 0.4mg (2.66%), Copper: 0.05mg (2.56%), Magnesium: 10.12mg (2.53%), Iron: 0.43mg (2.39%), Potassium: 74.47mg (2.13%), Vitamin A: 104.36IU (2.09%), Vitamin B6: 0.03mg (1.54%), Vitamin E: 0.19mg (1.29%), Vitamin B12: 0.07µg (1.17%)