

Pan De Sal II

 Vegetarian

READY IN



140 min.

SERVINGS



18

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 2 tablespoons bread crumbs dry for topping
- ☐ 6 cups flour all-purpose
- ☐ 2 cups milk
- ☐ 1.5 teaspoons salt

☐ 0.8 cup sugar white

Equipment

☐ baking sheet

☐ sauce pan

☐ oven

☐ mixing bowl

Directions

☐ Heat the milk in a small saucepan until it bubbles; remove from heat.

☐ Add the butter and sugar; stir until melted.

☐ Let cool until lukewarm.

☐ Pour the cooled milk mixture into a large mixing bowl.

☐ Add the yeast and stir to dissolve.

☐ Add the salt, baking soda, baking powder and 4 cups of the flour; stir well to combine.

☐ Add the remaining flour, 1/2 cup at a time, stirring well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes.

☐ Lightly oil a large mixing bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.

☐ Preheat oven to 375 degrees F (190 degrees C).

☐ Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into 12 equal pieces and form into rounds.

☐ Place the rolls on 2 lightly greased baking sheets. Cover with a damp cloth and let rise until doubled in volume, about 40 minutes.

☐ Sprinkle with bread crumbs and bake at 375 degrees F (190 degrees C) for about 15 to 20 minutes or until the tops are golden brown.

Nutrition Facts



Properties

Glycemic Index:18.06, Glycemic Load:29.33, Inflammation Score:-4, Nutrition Score:7.4713043311368%

Nutrients (% of daily need)

Calories: 250.95kcal (12.55%), Fat: 6.51g (10.01%), Saturated Fat: 3.83g (23.92%), Carbohydrates: 42.36g (14.12%), Net Carbohydrates: 41.08g (14.94%), Sugar: 9.81g (10.9%), Cholesterol: 16.81mg (5.6%), Sodium: 296.07mg (12.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.11%), Vitamin B1: 0.4mg (26.44%), Folate: 86.84µg (21.71%), Selenium: 15.07µg (21.52%), Vitamin B2: 0.27mg (15.72%), Manganese: 0.3mg (14.88%), Vitamin B3: 2.72mg (13.62%), Iron: 2.01mg (11.19%), Phosphorus: 80.67mg (8.07%), Fiber: 1.28g (5.12%), Calcium: 49.99mg (5%), Vitamin A: 201.5IU (4.03%), Vitamin B5: 0.35mg (3.5%), Magnesium: 13.27mg (3.32%), Copper: 0.07mg (3.28%), Zinc: 0.46mg (3.05%), Vitamin B12: 0.16µg (2.69%), Potassium: 92.93mg (2.66%), Vitamin B6: 0.04mg (2.12%), Vitamin D: 0.3µg (1.99%), Vitamin E: 0.19mg (1.24%)