



Quick Yeast Rolls

READY IN



45 min.

SERVINGS



24

CALORIES



91 kcal

BREAD

Ingredients

- 2 packages yeast dry
- 0.3 cup egg substitute
- 1 cup skim milk fat-free
- 4 cups flour all-purpose divided
- 1.5 teaspoons salt
- 2 tablespoons sugar
- 1 tablespoon vegetable oil
- 0.5 cup water (100° to 110°)

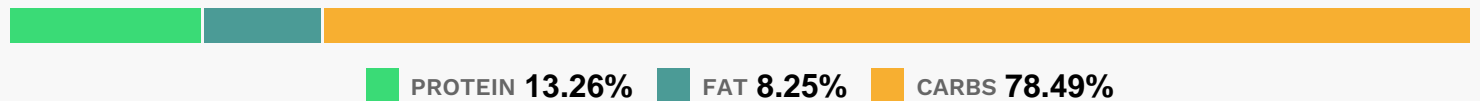
Equipment

- bowl
- oven
- measuring cup

Directions

- Combine yeast and warm water in a 2-cup liquid measuring cup; let stand 5 minutes.
- Combine yeast mixture, milk, and next 4 ingredients in a large bowl. Gradually add 1 cup flour, stirring until smooth. Gradually stir in enough remaining flour to make a soft dough.
- Place in a bowl coated with cooking spray, turning to coat top, and let stand in a warm place (85), free from drafts, 15 additional minutes.
- Punch dough down; cover and let stand in a warm place (85), free from drafts, 15 minutes.
- Turn dough out onto a lightly floured surface; knead 3 or 4 times. Divide dough into 24 pieces; shape into balls.
- Place in 2 (9-inch) square pans or round pans coated with cooking spray, and let stand in a warm place (85), free from drafts, 15 minutes.
- Preheat oven to 40
- Bake at 400 for 15 minutes or until golden.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.43, Glycemic Load:12.37, Inflammation Score:-2, Nutrition Score:4.0613043808743%

Nutrients (% of daily need)

Calories: 91.26kcal (4.56%), Fat: 0.83g (1.27%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 17.68g (5.89%), Net Carbohydrates: 16.96g (6.17%), Sugar: 1.62g (1.8%), Cholesterol: 0.31mg (0.1%), Sodium: 155.47mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Vitamin B1: 0.24mg (15.76%), Folate: 52.38µg (13.09%), Selenium: 8.35µg (11.93%), Vitamin B2: 0.15mg (8.79%), Vitamin B3: 1.48mg (7.4%), Manganese: 0.14mg (7.24%),

Iron: 1.03mg (5.73%), Phosphorus: 38.94mg (3.89%), Fiber: 0.72g (2.88%), Vitamin B5: 0.25mg (2.48%), Calcium: 18.85mg (1.88%), Zinc: 0.26mg (1.76%), Copper: 0.03mg (1.71%), Magnesium: 6.55mg (1.64%), Potassium: 50.29mg (1.44%), Vitamin B6: 0.03mg (1.36%), Vitamin B12: 0.07µg (1.14%), Vitamin K: 1.11µg (1.06%), Vitamin D: 0.15µg (1.02%)