

BREAD

Rapid Rolls

19 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
60 min	10 min	50 min	24	\$0.67	313 kcal



Rapid Rolls is a bread that serves 24. Watching your figure? This lacto ovo vegetarian recipe has 313 calories, 8g of protein, and 7g of fat per serving. For 67 cents per serving, this recipe covers 7% of your daily requirements of vitamins and minerals. 1 person were glad they tried this recipe.

Ingredients

- ☐ ¾ ounce packets active dry yeast
- ☐ 2 large eggs, beaten
- ☐ ½ cup honey
- ☐ 24 servings Rapid Rolls Variations, recipes follow
- ☐ ½ cup melted butter, plus more for brushing
- ☐ 4 cups flour, plus more if needed
- ☐ 2 teaspoons salt, plus more for sprinkling
- ☐ 1¾ cups warm water

EQUIPMENT Bowl, Frying pan, Baking sheet, Oven, Mixing bowl, Stand mixer

Method

- 1 Watch how to make this recipe.
- 2 Preheat the oven to 400 degrees F.
- 3 In the bowl of a stand mixer, fitted with the paddle attachment, combine the instant yeast, and warm water.
- 4 Let it activate for 5 minutes until bubbly. Stir in the honey.
- 5 On low speed, add 1/2 cup melted butter, 2 teaspoons salt, and eggs. Slowly add the flour cup-by-cup until fully incorporated and the dough pulls away from the sides of the mixing bowl.
- 6 Add more flour if it is too sticky.
- 7 Portion the dough into 24 even servings. Form the rolls into desired shape and place in a cast iron skillet or on a baking sheet spaced evenly apart. Set aside and allow to rise approximately 20 minutes, or until doubled in size.
- 8 Brush the rolls with melted butter.
- 9 Bake for 25 minutes until the tops are golden brown.
- 10 Remove from the oven and brush with more melted butter, and sprinkle with a little salt.
- 11 Per serving (1 roll): Calories 147; Total Fat 4 grams; Saturated Fat 2.5 grams; Protein 3 grams; Total Carbohydrate 24 grams; Sugar: 6 grams; Fiber 1 gram; Cholesterol 26 milligrams; Sodium 168 milligrams

Nutrition per serving

313	8 g	7 g	55 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.6 g · 16% of daily needs
Fibre			1.9 g · 8% of daily needs
Sugar			10.2 g · 11% of daily needs
Sodium			525 mg · 23% of daily needs
Cholesterol			25.7 mg · 9% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/rapid-rolls-143765