

DAIRY FREE

Soft Dinner Rolls

18 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	24	\$0.08	95 kcal

The recipe Soft Dinner Rolls can be made in roughly 45 minutes. This recipe serves 24. Watching your figure? This dairy free recipe has 95 calories, 2g of protein, and 3g of fat per serving. For 8 cents per serving, this recipe covers 3% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 packages active dry yeast
- ☐ 1 large egg
- ☐ ½ teaspoon salt
- ☐ 6 tablespoons butter or margarine, at room temperature
- ☐ 3 cups About unbleached or regular all-purpose flour
- ☐ ¼ cup sugar

EQUIPMENT Bowl, Frying pan, Baking sheet, Oven, Plastic wrap

Method

- 1

In a bowl, sprinkle yeast over 1 1/4 cups warm (about 11
- 2

water; let stand until yeast is soft, about 5 minutes.
- 3

Add salt, sugar, 3 cups flour, and butter. Stir, then beat with a spoon until well mixed.
- 4

To knead with a dough hook, beat on medium speed until dough is no longer sticky when touched and pulls cleanly from sides of bowl, 3 to 4 minutes; if sticky, add more flour, 1 tablespoon at a time.

- 5 To knead by hand, scrape onto a floured board and knead until smooth and elastic, 5 to 6 minutes, adding more flour as required to prevent sticking. Return dough to bowl.
- 6 Cover dough with plastic wrap and let it rise in a warm place until doubled in volume, about 1 hour. Uncover and beat with dough hook, or scrape dough onto a floured board and knead, to expel air.
- 7 With oiled hands, pinch dough into 24 equal balls (about 2 in. wide) and shape each into a smooth round. Set balls, smooth side up and about 2 inches apart, on 2 buttered baking sheets (14 by 17 in.). Cover balls lightly with plastic wrap and let rise in a warm place until slightly puffy, 15 to 20 minutes.
- 8 In a small bowl, beat egg to blend.
- 9 Brush egg over tops and sides of rolls as each pan is ready to bake.
- 10 Bake in a 400 oven until rolls are well browned, 10 to 15 minutes; if using 1 oven, switch pan positions after 5 to 7 minutes.
- 11 Transfer to racks; serve warm or cool.

Nutrition per serving

	95 KCAL	2 g PROTEIN	3 g FAT	14 g CARBS
Saturated Fat				0.7 g · 4% of daily needs
Fibre				0.6 g · 2% of daily needs
Sugar				2.1 g · 2% of daily needs
Sodium				85 mg · 4% of daily needs
Cholesterol				7.8 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/soft-dinner-rolls-143382