



Soft Onion Sandwich Rolls

 Vegetarian

READY IN



200 min.

SERVINGS



8

CALORIES



258 kcal

BREAD

Ingredients

- 0.3 ounce active yeast dry
- 3 tablespoons butter softened
- 0.3 cup onion dried minced
- 1 egg white
- 3 cups flour all-purpose
- 0.8 cup milk lukewarm
- 1 teaspoon onion powder
- 0.3 cup potato flakes instant

- 1.5 teaspoons salt
- 1 tablespoon water
- 3 tablespoons sugar white

Equipment

- frying pan
- baking sheet
- oven
- whisk
- bread machine

Directions

- Place the milk, water, butter, salt, sugar, onion powder, 3 tablespoons of dried onion, potato flakes, flour and yeast into the pan of a bread machine in the order recommended by the manufacturer. Select the Dough cycle, and press Start.
- When the cycle has completed, remove the dough from the machine, and knead on a lightly floured surface.
- Cut into 8 equal pieces, and form into balls. Gently flatten the balls until they are 4 inches in diameter. If they keep shrinking back, just let them relax for a minute before flattening.
- Place on a baking sheet, and cover loosely with a towel. Set in a draft-free place to rise until doubled in size, about 40 minutes.
- Preheat the oven to 350 degrees F (175 degrees C).
- Whisk together the egg white and water in a cup.
- Brush over the tops of the risen rolls, and sprinkle with remaining minced onion.
- Bake for 15 to 20 minutes in the preheated oven, until golden brown. Cool completely, then slice in half horizontally before using.

Nutrition Facts



PROTEIN 10.51% **FAT 19.49%** **CARBS 70%**

Properties

Glycemic Index:29.14, Glycemic Load:29.43, Inflammation Score:-4, Nutrition Score:9.210000069245%

Nutrients (% of daily need)

Calories: 257.74kcal (12.89%), Fat: 5.56g (8.55%), Saturated Fat: 3.21g (20.07%), Carbohydrates: 44.89g (14.96%), Net Carbohydrates: 43.07g (15.66%), Sugar: 6.48g (7.2%), Cholesterol: 14.03mg (4.68%), Sodium: 488.73mg (21.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.49%), Vitamin B1: 0.51mg (33.8%), Folate: 110.75µg (27.69%), Selenium: 17.6µg (25.14%), Vitamin B2: 0.32mg (18.92%), Manganese: 0.36mg (17.78%), Vitamin B3: 3.29mg (16.45%), Iron: 2.26mg (12.58%), Phosphorus: 90.23mg (9.02%), Fiber: 1.83g (7.31%), Vitamin B5: 0.49mg (4.88%), Vitamin B6: 0.09mg (4.6%), Potassium: 151.92mg (4.34%), Calcium: 43.29mg (4.33%), Magnesium: 17.21mg (4.3%), Copper: 0.09mg (4.26%), Zinc: 0.56mg (3.71%), Vitamin C: 2.89mg (3.51%), Vitamin A: 168.78IU (3.38%), Vitamin B12: 0.14µg (2.27%), Vitamin D: 0.25µg (1.68%), Vitamin E: 0.17mg (1.1%)