

Taste of Home

Soft Sandwich Buns

 Vegetarian

READY IN



20 min.

SERVINGS



18

CALORIES



136 kcal

Ingredients

- 1.3 cups milk (70° to 80°)
- 1 eggs beaten
- 2 tablespoons butter softened
- 0.3 cup sugar
- 0.8 teaspoon salt
- 3.8 cups bread flour
- 1.3 teaspoon yeast dry
- 1 tablespoon butter melted

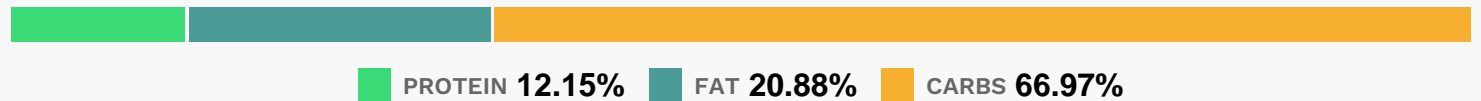
Equipment

- baking sheet
- oven
- bread machine

Directions

- In bread machine pan, place the first seven ingredients in order suggested by manufacturer. Select dough setting (check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed). When cycle is completed, turn dough onto a lightly floured surface and punch down. Divide dough in half.
- Roll each portion to 3/4-in. thickness; cut with a 2-1/2-in. biscuit cutter.
- Place on lightly greased baking sheets.
- Brush tops with melted butter. Cover and let rise in a warm place until doubled, about 1 hour.
- Bake at 350° for 10–15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:15.28, Glycemic Load:14.48, Inflammation Score:-1, Nutrition Score:3.0921739041805%

Nutrients (% of daily need)

Calories: 135.8kcal (6.79%), Fat: 3.12g (4.81%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 21.87g (7.95%), Sugar: 3.68g (4.09%), Cholesterol: 16.14mg (5.38%), Sodium: 122.47mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Selenium: 11.47µg (16.38%), Manganese: 0.21mg (10.43%), Phosphorus: 49.15mg (4.92%), Folate: 14.87µg (3.72%), Vitamin B1: 0.06mg (3.68%), Vitamin B2: 0.06mg (3.54%), Fiber: 0.68g (2.73%), Calcium: 26.83mg (2.68%), Copper: 0.05mg (2.53%), Vitamin B5: 0.25mg (2.46%), Zinc: 0.34mg (2.28%), Magnesium: 9mg (2.25%), Vitamin A: 99.48IU (1.99%), Vitamin B12: 0.12µg (1.96%), Vitamin B3: 0.37mg (1.84%), Potassium: 57.53mg (1.64%), Iron: 0.28mg (1.58%), Vitamin D: 0.24µg (1.57%), Vitamin B6: 0.03mg (1.37%), Vitamin E: 0.19mg (1.28%)