



Soft Sandwich Buns (Dough Hook Mixer Version)

READY IN



190 min.

SERVINGS



14

CALORIES



128 kcal

Ingredients

- ☐ 1.3 teaspoons active yeast dry
- ☐ 2.8 cups bread flour
- ☐ 1 tablespoon butter melted
- ☐ 1 eggs beaten
- ☐ 1.3 cups milk (70 to 80 degrees F)
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sugar

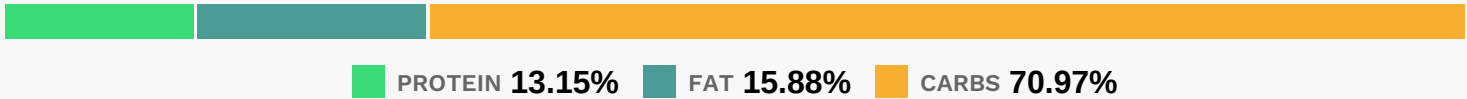
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Combine milk, sugar, butter, and salt in small saucepan over medium heat; cook and stir until butter melts.
- ☐ Remove from heat and allow to cool to lukewarm.
- ☐ Combine 1 cup bread flour, egg, yeast, and milk mixture in the bowl of a stand mixer fitted with a dough hook; beat at lowest speed for 1 minute.
- ☐ Let rest 5 to 10 minutes.
- ☐ Add 2 3/4 cups bread flour; mix at next-to-lowest speed until dough cleans sides of bowl and sticks to dough hook, about 2 minutes.
- ☐ Place in lightly greased bowl, cover, and let raise in warm place until doubled (about 1 hour).
- ☐ Turn dough out onto lightly floured surface, punch down to get out air bubbles, and shape into rolls, placing rolls onto 2 lightly greased baking sheets. Cover with waxed paper and let rise for another 45 minutes to 1 hour.
- ☐ Brush tops of buns with melted butter. Cover and let rise in a warm place until doubled, about 1 hour.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake in preheated oven until lightly browned, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:14.42, Inflammation Score:-2, Nutrition Score:3.2191304441379%

Nutrients (% of daily need)

Calories: 128.05kcal (6.4%), Fat: 2.24g (3.45%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 21.87g (7.95%), Sugar: 4.7g (5.22%), Cholesterol: 14.31mg (4.77%), Sodium: 147.42mg (6.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.35%), Selenium: 11.17µg (15.96%), Manganese: 0.2mg (9.88%), Phosphorus: 54.04mg (5.4%), Vitamin B1: 0.06mg (4.25%), Vitamin B2: 0.07mg (4.2%), Folate: 16.09µg (4.02%), Calcium: 32.74mg (3.27%), Vitamin B5: 0.28mg (2.75%), Fiber: 0.66g (2.66%), Vitamin B12: 0.15µg (2.45%), Copper: 0.05mg (2.44%), Zinc: 0.36mg (2.41%), Magnesium: 9.31mg (2.33%), Vitamin D: 0.3µg (2.02%), Vitamin B3: 0.38mg (1.91%), Potassium: 64.74mg (1.85%), Vitamin A: 88.53IU (1.77%), Vitamin B6: 0.03mg (1.6%), Iron: 0.28mg (1.58%), Vitamin E: 0.17mg (1.15%)