



Sour Cream Dinner Rolls

READY IN



45 min.

SERVINGS



48

CALORIES



80 kcal

BREAD

Ingredients

- ☐ 0.5 ounce yeast dry
- ☐ 0.5 cup butter
- ☐ 2 tablespoons butter melted
- ☐ 2 large eggs
- ☐ 4 cups flour all-purpose
- ☐ 1.3 teaspoons salt
- ☐ 8 ounce cream sour
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water (105° to 115°)

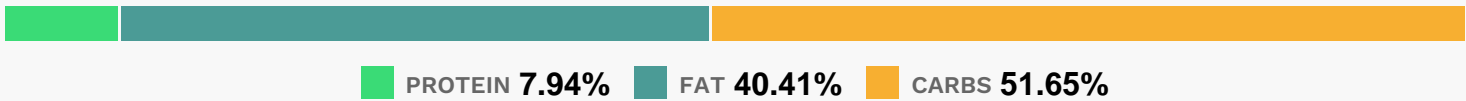
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Cook first 4 ingredients in a saucepan over medium-low heat, stirring occasionally, until butter melts. Cool to 105 to 11
- ☐ Combine yeast and 1/2 cup warm water in a 1-cup glass liquid measuring cup; let stand 5 minutes.
- ☐ Stir together yeast mixture, sour cream mixture, eggs, and flour in a large bowl until well blended.
- ☐ Chill, covered, 8 hours.
- ☐ Divide dough into fourths, and shape each portion into a ball.
- ☐ Roll each into 1/4-inch thickness on a floured surface; cut dough with a 2 1/2- to 3-inch round cutter.
- ☐ Brush rounds evenly with 2 tablespoons melted butter. Make a crease across each round with a knife, and fold in half; gently press edges to seal.
- ☐ Place rolls in a 15- x 10-inch jellyroll pan with sides touching.
- ☐ Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- ☐ Bake at 375 for 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:3.02, Glycemic Load:7.21, Inflammation Score:-2, Nutrition Score:2.2069565733166%

Nutrients (% of daily need)

Calories: 80.43kcal (4.02%), Fat: 3.62g (5.57%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 10.05g (3.65%), Sugar: 2.28g (2.53%), Cholesterol: 10.54mg (3.51%), Sodium: 93.28mg (4.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Vitamin B1: 0.12mg (7.76%), Folate: 27.26µg (6.82%), Selenium: 4.38µg (6.26%), Vitamin B2: 0.08mg (4.84%), Vitamin B3: 0.74mg (3.7%), Manganese: 0.07mg (3.67%), Iron: 0.53mg (2.95%), Vitamin A: 146.13IU (2.92%), Phosphorus: 21.53mg (2.15%), Fiber: 0.36g (1.44%), Vitamin B5: 0.14mg (1.36%)