



Sour Cream Potato Rolls

 Vegetarian

READY IN



20 min.

SERVINGS



18

CALORIES



122 kcal

Ingredients

- 3 teaspoons yeast dry
- 0.5 teaspoon baking soda
- 3 cups bread flour
- 0.3 cup butter softened
- 0.1 teaspoon mace
- 0.5 cup potatoes (with added milk and butter) mashed
- 1 teaspoon salt
- 0.5 cup cream sour
- 2 tablespoons sugar

0.5 cup water (70° to 80°)

Equipment

baking sheet

oven

bread machine

Directions

In bread machine pan, place all 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).

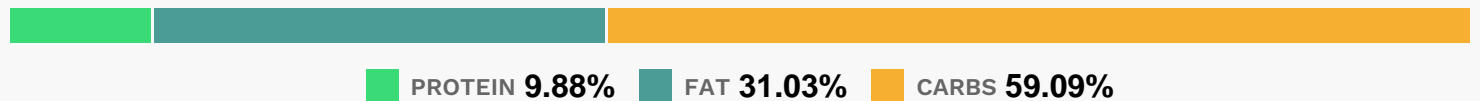
When cycle is completed, turn dough onto a lightly floured surface. Punch dough down. Divide into 18 portions; roll each into a ball.

Place on greased baking sheets. Cover and let rise in a warm place until doubled, about 30 minutes.

Bake at 375° for 10–15 minutes or until golden brown.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.05, Glycemic Load:11.47, Inflammation Score:-2, Nutrition Score:2.743913066128%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 121.84kcal (6.09%), Fat: 4.2g (6.45%), Saturated Fat: 2.32g (14.53%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 17.21g (6.26%), Sugar: 1.66g (1.85%), Cholesterol: 10.55mg (3.52%), Sodium: 183.23mg (7.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Selenium: 8.61µg (12.29%), Manganese: 0.18mg (8.84%), Vitamin B1: 0.08mg (5.32%), Folate: 20.43µg (5.11%), Phosphorus: 32.46mg (3.25%), Fiber: 0.77g (3.08%), Vitamin B2: 0.05mg (2.78%), Copper: 0.05mg (2.46%), Vitamin B3: 0.49mg (2.43%), Vitamin A: 119.24IU (2.38%),

Vitamin B5: 0.2mg (2.03%), Magnesium: 7.62mg (1.91%), Vitamin B6: 0.04mg (1.77%), Zinc: 0.26mg (1.74%), Potassium: 59.2mg (1.69%), Vitamin C: 1.21mg (1.47%), Iron: 0.25mg (1.41%), Vitamin E: 0.18mg (1.21%), Calcium: 11.52mg (1.15%)