



Sour Cream Rolls

READY IN



93 min.

SERVINGS



12

CALORIES



146 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 1 large eggs
- 2.3 cups flour all-purpose
- 1 teaspoon salt
- 0.8 cup cup heavy whipping cream sour
- 2 tablespoons sugar
- 0.3 cup water
- 0.3 ounce fleischmann's® rapidrise yeast

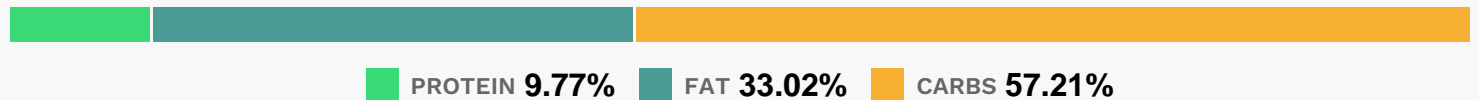
Equipment

- bowl
- oven
- wire rack
- blender
- hand mixer
- muffin liners

Directions

- Combine 1 cup flour, sugar, undissolved yeast and salt in a large mixer bowl.
- Heat sour cream, water and butter until very warm (120 to 130 degrees F). Gradually add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally.
- Add egg and remaining 1-1/4 cups flour to make a soft batter. Spoon evenly into 12 greased (2-1/2 inch) muffin cups. Cover; let rise until doubled in size, about 1 hour.
- Bake at 400 degrees F for 25 to 30 minutes or until done.
- Remove from pans; cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:14.34, Inflammation Score:-3, Nutrition Score:4.7604348452195%

Nutrients (% of daily need)

Calories: 146.13kcal (7.31%), Fat: 5.34g (8.22%), Saturated Fat: 2.01g (12.59%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 20.05g (7.29%), Sugar: 2.56g (2.85%), Cholesterol: 23.98mg (7.99%), Sodium: 227.2mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Vitamin B1: 0.25mg (16.92%), Folate: 59.56µg (14.89%), Selenium: 9.82µg (14.02%), Vitamin B2: 0.18mg (10.81%), Manganese: 0.17mg (8.25%), Vitamin B3: 1.64mg (8.19%), Iron: 1.19mg (6.59%), Phosphorus: 48.79mg (4.88%), Vitamin A: 195.52IU (3.91%), Fiber: 0.79g (3.17%), Vitamin B5: 0.3mg (2.97%), Calcium: 21.53mg (2.15%), Copper: 0.04mg (2.15%), Zinc: 0.31mg (2.09%), Magnesium: 7.54mg (1.88%), Vitamin B6: 0.03mg (1.62%), Potassium: 55.5mg (1.59%), Vitamin E: 0.18mg (1.23%), Vitamin B12:

0.07µg (1.17%)