



## Stir-and-Bake Spoon Rolls

 Vegetarian

READY IN



28 min.

SERVINGS



1

CALORIES



3313 kcal

### Ingredients

- 0.3 oz active yeast dry
- 0.8 cup butter melted
- 1 large eggs lightly beaten
- 4 cups self-rising flour
- 0.3 cup sugar
- 2 cups warm water (100° to 110°)

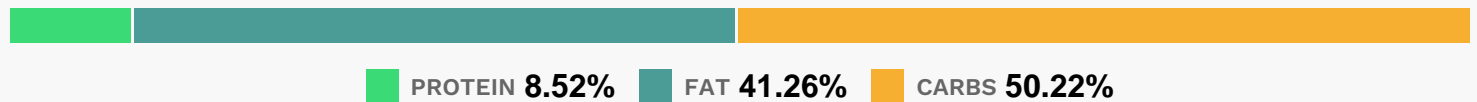
### Equipment

- bowl
- oven

## Directions

- Preheat oven to 40
- Combine yeast and 2 cups warm water in a large bowl; let stand 5 minutes. Stir in flour and remaining ingredients until blended. Spoon batter into 2 greased (12-cup) muffin pans.
- Bake for 13 minutes or until golden.
- Try This Twist! Miniature Spoon
- Rolls: Spoon batter into 2 greased (24-cup) miniature muffin pans\*.
- Bake at 400 for 9 minutes or until golden. Makes 4 dozen. Hands-on Time: 15 min.; Total Time: 24 min.
- \*4 (12-cup) miniature muffin pans may be substituted.

## Nutrition Facts



## Properties

Glycemic Index:187.09, Glycemic Load:269.89, Inflammation Score:-10, Nutrition Score:43.62043489702%

## Nutrients (% of daily need)

Calories: 3312.73kcal (165.64%), Fat: 151.83g (233.58%), Saturated Fat: 90.36g (564.78%), Carbohydrates: 415.83g (138.61%), Net Carbohydrates: 401.93g (146.15%), Sugar: 51.74g (57.49%), Cholesterol: 552.04mg (184.01%), Sodium: 1203.48mg (52.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.51g (141.02%), Selenium: 216.41µg (309.16%), Manganese: 4mg (199.91%), Vitamin A: 4534.55IU (90.69%), Folate: 359.45µg (89.86%), Vitamin B1: 1.21mg (80.54%), Phosphorus: 670.01mg (67%), Fiber: 13.91g (55.63%), Copper: 1.06mg (52.81%), Vitamin B2: 0.88mg (51.73%), Vitamin E: 6.47mg (43.17%), Vitamin B5: 4.1mg (41.01%), Vitamin B3: 7.96mg (39.79%), Zinc: 5.66mg (37.76%), Magnesium: 142.96mg (35.74%), Iron: 5.59mg (31.04%), Potassium: 678.54mg (19.39%), Vitamin B6: 0.38mg (19.07%), Calcium: 160.68mg (16.07%), Vitamin K: 13.6µg (12.95%), Vitamin B12: 0.74µg (12.32%), Vitamin D: 1µg (6.67%)