



## Sunday Brunch: Simple Rolls and Compound Butters

READY IN



35 min.

SERVINGS



4

CALORIES



767 kcal

BREAD

### Ingredients

- ☐ 4 servings anchovy
- ☐ 3 teaspoons double-acting baking powder
- ☐ 4 tablespoons butter melted
- ☐ 4 tablespoons butter room temperature
- ☐ 4 servings chipotles in adobo
- ☐ 4 servings chives
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 2 cups flour all-purpose

- ☐ 4 servings basil fresh
- ☐ 4 servings honey
- ☐ 4 servings juice of lemon
- ☐ 0.5 teaspoon salt
- ☐ 4 servings paprika smoked

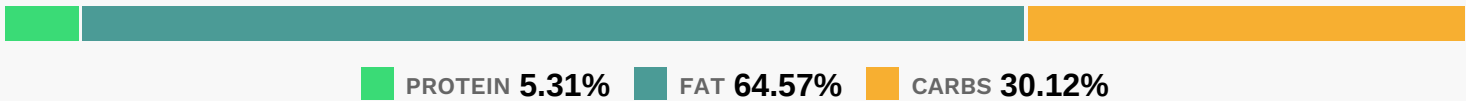
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ spatula

## Directions

- ☐ Preheat oven to 425°.
- ☐ Whisk together flour, baking powder and salt.
- ☐ Pour in cream and mix until a dough forms, adding more flour if necessary.
- ☐ Roll into a log and divide into 8 pieces. Form into a ball and dip each one in butter then place on baking sheet.
- ☐ Bake until golden brown, about 25 minutes.
- ☐ To make compound butter, simply pick desired ingredients (butters pictured above are chipotle-lime and honey-basil), and using a spatula, mash into room temperature butter. Form and roll and wrap in plastic and let set in the fridge until hardened, and slice into rounds to serve.

## Nutrition Facts



## Properties

Glycemic Index:112.32, Glycemic Load:38.33, Inflammation Score:-9, Nutrition Score:17.232173930044%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 767.37kcal (38.37%), Fat: 55.92g (86.03%), Saturated Fat: 35.1g (219.36%), Carbohydrates: 58.68g (19.56%), Net Carbohydrates: 56.42g (20.52%), Sugar: 9.1g (10.12%), Cholesterol: 163.45mg (54.48%), Sodium: 819.46mg (35.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.71%), Vitamin A: 2656.21IU (53.12%), Selenium: 25.76µg (36.8%), Vitamin B1: 0.52mg (34.7%), Folate: 125.18µg (31.3%), Vitamin B2: 0.52mg (30.36%), Calcium: 265.41mg (26.54%), Manganese: 0.48mg (24.05%), Vitamin B3: 4.47mg (22.34%), Iron: 3.81mg (21.19%), Phosphorus: 204.99mg (20.5%), Vitamin K: 16.24µg (15.47%), Vitamin E: 1.86mg (12.42%), Vitamin D: 1.43µg (9.52%), Fiber: 2.26g (9.03%), Vitamin C: 7.33mg (8.88%), Magnesium: 27.53mg (6.88%), Copper: 0.13mg (6.51%), Potassium: 225.11mg (6.43%), Vitamin B5: 0.61mg (6.15%), Zinc: 0.83mg (5.57%), Vitamin B6: 0.1mg (4.99%), Vitamin B12: 0.22µg (3.59%)