

## Sweet Dinner Rolls

 Vegetarian  Popular

READY IN



140 min.

SERVINGS



16

CALORIES



158 kcal

BREAD

### Ingredients

- 0.3 ounce active yeast dry
- 0.3 cup butter softened
- 1 eggs
- 3.8 cups flour all-purpose
- 0.5 cup warm milk
- 1 teaspoon salt
- 0.5 cup warm water (110 degrees F/45 degrees C)
- 0.3 cup sugar white

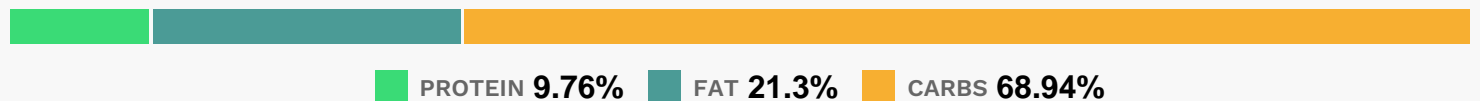
## Equipment

- frying pan
- baking sheet
- oven
- kitchen towels
- bread machine

## Directions

- Place water, milk, egg, 1/3 cup butter, sugar, salt, flour and yeast in the pan of the bread machine in the order recommended by the manufacturer. Select Dough/Knead and First Rise Cycle; press Start.
- When cycle finishes, turn dough out onto a lightly floured surface. Divide dough in half.
- Roll each half into a 12 inch circle, spread 1/4 cup softened butter over entire round.
- Cut each circle into 8 wedges.
- Roll wedges starting at wide end; roll gently but tightly.
- Place point side down on ungreased cookie sheet. Cover with clean kitchen towel and put in a warm place, let rise 1 hour. Meanwhile, preheat oven to 400 degrees F (200 degrees C).
- Bake in preheated oven for 10 to 15 minutes, until golden.

## Nutrition Facts



## Properties

Glycemic Index:14.57, Glycemic Load:19.22, Inflammation Score:-3, Nutrition Score:5.1126087554123%

## Nutrients (% of daily need)

Calories: 158.06kcal (7.9%), Fat: 3.72g (5.72%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 27.07g (9.02%), Net Carbohydrates: 26.16g (9.51%), Sugar: 4.62g (5.13%), Cholesterol: 18.77mg (6.26%), Sodium: 176.17mg (7.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Vitamin B1: 0.28mg (18.95%), Folate: 65.38µg (16.34%), Selenium: 11.02µg (15.74%), Vitamin B2: 0.19mg (11.03%), Manganese: 0.2mg (10.14%), Vitamin B3: 1.92mg (9.6%), Iron: 1.42mg (7.9%), Phosphorus: 48.46mg (4.85%), Fiber: 0.91g (3.64%), Vitamin B5: 0.26mg (2.63%),

Copper: 0.05mg (2.39%), Vitamin A: 115.84IU (2.32%), Zinc: 0.31mg (2.08%), Magnesium: 8.08mg (2.02%), Calcium: 16.65mg (1.67%), Potassium: 51.78mg (1.48%), Vitamin B6: 0.03mg (1.45%), Vitamin B12: 0.07µg (1.2%)