



These Soft and Fluffy Dinner Rolls Are Just Right for Every Holiday Meal

 Vegetarian

READY IN



200 min.

SERVINGS



30

CALORIES



141 kcal

BREAD

Ingredients

- 0.3 cup water (115 degrees)
- 0.5 ounce yeast dry
- 1.5 cups milk whole (115 degrees)
- 0.5 cup butter unsalted melted plus more for bowl and pans (1 stick)
- 0.3 cup sugar
- 2.3 teaspoons salt
- 3 large eggs

6 cups flour all-purpose plus more for work surface (spooned and leveled)

Equipment

Directions

- Parker House
- Rolls
- No-Knead Dinner
- Rolls
- Jalapeno-Cheddar
- Rolls
- Barley-Malt Pull-Apart
- Rolls
- Yeasted Cornmeal
- Rolls
- Potato
- Rolls

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:15.18, Inflammation Score:-3, Nutrition Score:4.9278260676757%

Nutrients (% of daily need)

Calories: 140.55kcal (7.03%), Fat: 4.22g (6.49%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 20.74g (7.54%), Sugar: 2.34g (2.6%), Cholesterol: 28.2mg (9.4%), Sodium: 187.42mg (8.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Vitamin B1: 0.26mg (17.15%), Folate: 59.27µg (14.82%), Selenium: 10.33µg (14.75%), Vitamin B2: 0.18mg (10.81%), Manganese: 0.17mg (8.73%), Vitamin B3: 1.68mg (8.42%), Iron: 1.26mg (7%), Phosphorus: 53.14mg (5.31%), Fiber: 0.8g (3.21%), Vitamin B5: 0.3mg (3%), Vitamin A: 141.31IU (2.83%), Calcium: 22.79mg (2.28%), Zinc: 0.33mg (2.21%), Copper: 0.04mg (2.15%), Magnesium: 7.92mg (1.98%), Vitamin B12: 0.12µg (1.95%), Vitamin D: 0.29µg (1.94%), Vitamin B6: 0.03mg (1.71%), Potassium: 57.44mg

(1.64%), Vitamin E: 0.16mg (1.08%)