



Twenty Minute Buns



Vegetarian



Dairy Free

READY IN



80 min.

SERVINGS



18

CALORIES



178 kcal

BREAD

Ingredients

- ☐ 1 egg white
- ☐ 6 cups flour all-purpose
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups warm water
- ☐ 2 tablespoons water
- ☐ 0.3 cup sugar white
- ☐ 2 tablespoons fast-rising yeast

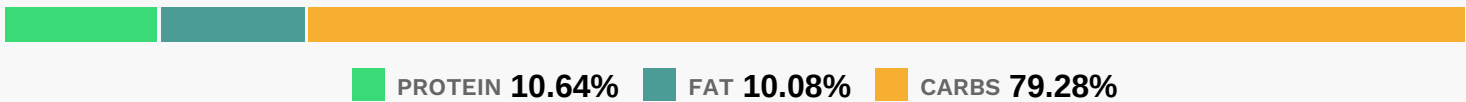
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ In a large mixing bowl, dissolve yeast and sugar in warm water.
- ☐ Let stand until creamy, about 10 minutes.
- ☐ Add oil, 2 cups of flour and the salt; stir well to combine.
- ☐ Add the remaining flour, 1/2 cup at a time, stirring well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 40 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.
- ☐ Turn the dough out onto a lightly floured surface and divide into three equal pieces. Divide each big piece into 6 small ones. Form the pieces into rounds.
- ☐ Place the rounds into the prepared pan. Cover the rolls with a damp cloth or plastic wrap and let rise until doubled in volume, about 20 minutes.
- ☐ Beat together the egg white and water. Gently brush the risen rolls with the egg wash and then bake at 350 degrees F (175 degrees C) for 15 minutes or until the rolls are golden brown.

Nutrition Facts



Properties

Glycemic Index:8.06, Glycemic Load:24.94, Inflammation Score:-3, Nutrition Score:6.3917390794048%

Nutrients (% of daily need)

Calories: 178.03kcal (8.9%), Fat: 1.97g (3.02%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 34.76g (11.59%), Net Carbohydrates: 33.51g (12.19%), Sugar: 2.9g (3.22%), Cholesterol: 0mg (0%), Sodium: 263.64mg (11.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Vitamin B1: 0.38mg (25.07%), Folate: 86.72µg (21.68%), Selenium: 14.51µg (20.73%), Manganese: 0.29mg (14.33%), Vitamin B2: 0.23mg (13.62%), Vitamin B3: 2.64mg (13.2%), Iron: 1.95mg (10.82%), Fiber: 1.24g (4.98%), Phosphorus: 48.08mg (4.81%), Copper: 0.07mg (3.36%), Vitamin K: 2.91µg (2.77%), Magnesium: 9.88mg (2.47%), Vitamin B5: 0.25mg (2.46%), Zinc: 0.33mg (2.21%), Potassium: 51.65mg (1.48%), Vitamin B6: 0.03mg (1.25%)