



Yogurt Crescent Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



77 kcal

BREAD

Ingredients

- 4.5 teaspoons yeast dry
- 1 large eggs
- 1 large egg white
- 5.3 cups flour all-purpose divided
- 1 teaspoon salt
- 0.5 cup sugar
- 0.3 cup vegetable oil
- 0.5 cup warm water (105° to 115°)

8 ounce carton yogurt plain low-fat

Equipment

baking sheet

oven

mixing bowl

hand mixer

Directions

Combine yeast and warm water; let stand 5 minutes.

Combine yeast mixture, 2 cups flour, sugar, and next 5 ingredients in a mixing bowl; beat at medium speed of an electric mixer until smooth. Stir in 3 cups flour. Cover; chill 8 hours.

Sprinkle remaining 1/4 cup flour over work surface. Punch dough down; divide into fourths.

Roll each fourth into a 10-inch circle on floured surface. Coat circles with cooking spray; cut each circle into 12 wedges.

Roll up wedges, beginning at wide ends; place on baking sheets coated with cooking spray, point sides down. Cover; let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.

Preheat oven to 37

Bake rolls at 375 for 10 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:3.02, Glycemic Load:9, Inflammation Score:-1, Nutrition Score:2.6352174037501%

Nutrients (% of daily need)

Calories: 76.94kcal (3.85%), Fat: 1.85g (2.85%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 12.53g (4.55%), Sugar: 2.46g (2.73%), Cholesterol: 4.16mg (1.39%), Sodium: 54.94mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.97%), Vitamin B1: 0.14mg (9.46%), Folate: 32.88µg (8.22%), Selenium: 5.28µg (7.55%), Vitamin B2: 0.1mg (5.73%), Manganese: 0.09mg (4.75%), Vitamin B3: 0.93mg

(4.66%), Iron: 0.67mg (3.69%), Vitamin K: 2.84µg (2.7%), Phosphorus: 25.59mg (2.56%), Fiber: 0.45g (1.79%),
Vitamin B5: 0.14mg (1.44%), Zinc: 0.18mg (1.17%), Calcium: 11.54mg (1.15%), Copper: 0.02mg (1.15%), Magnesium:
4.2mg (1.05%)