

Italian Hard Rolls {Panini Duri Italiani}

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-hard-rolls>

Ingredients:

- 4 ounces water cool, 1/2 cup*
- 1 cup unbleached all purpose flour
- 1/8 teaspoon instant yeast
- 3 1/2 cups flour Unbleached All-Purpose
- 1 cup lukewarm water
- 1 1/2 teaspoons sea salt
- 1/4 teaspoon instant yeast
- 1 large egg white mixed with 1/2 cup cool water

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 107 grams
3. Fat: 1.5 grams
4. Fiber: 4 grams
5. Protein: 15 grams
6. Sodium: 910 milligrams

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