

Homemade Yeast Rolls

Yield: 12 min
Total Time: 162 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-yeast-dumpling-recipe>

Ingredients:

- 1 cup water about 110 degrees or just slightly warmer than lukewarm
- 1 package yeast
- 3 tablespoons granulated sugar
- 2 tablespoons vegetable oil
- 1 egg at room temperature
- 3/4 teaspoon salt
- 3 1/2 cups all purpose flour

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 20 milligrams
4. Fat: 3 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. Sodium: 160 milligrams
8. Sugar: 3 grams

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