

Butterhorn Rolls

READY IN



750 min.

SERVINGS



32

CALORIES



167 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 4.5 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 2 teaspoons salt
- ☐ 1 cup shortening
- ☐ 0.5 cup warm water (110 degrees F/45 degrees C)

☐ 0.5 cup sugar white

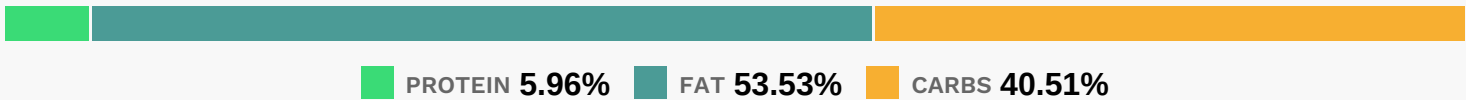
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ In a small saucepan, combine shortening and milk.
- ☐ Heat until shortening is melted; set aside to cool. Dissolve the yeast and 1 teaspoon sugar in the warm water. Beat the eggs, 1/2 cup sugar and salt together. In a large bowl, combine the milk mixture, yeast mixture and egg mixture. Sift the flour and baking powder together, and add to the wet mixture; stir until combined, then cover and refrigerate overnight.
- ☐ Divide dough into fourths, and roll out on a floured surface.
- ☐ Spread surface with the soft butter.
- ☐ Cut dough into triangles, and roll up from larger to small end.
- ☐ Place rolls on a baking sheet, and allow to rise for 3 to 4 hours. Preheat oven to 400 degrees F (200 degrees C.)
- ☐ Bake in a preheated oven for 8 to 10 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:10.16, Glycemic Load:12.05, Inflammation Score:-2, Nutrition Score:3.5295652488004%

Nutrients (% of daily need)

Calories: 167.13kcal (8.36%), Fat: 9.98g (15.36%), Saturated Fat: 3.68g (23.01%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 16.49g (5.99%), Sugar: 3.55g (3.94%), Cholesterol: 18.77mg (6.26%), Sodium: 189.1mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin B1: 0.16mg (10.72%), Selenium: 7.01µg (10.02%), Folate: 36.98µg (9.24%), Vitamin B2: 0.12mg (6.92%), Manganese: 0.12mg (6.1%), Vitamin B3: 1.11mg

(5.54%), Iron: 0.89mg (4.94%), Phosphorus: 36.65mg (3.66%), Vitamin K: 3.74µg (3.56%), Vitamin E: 0.52mg (3.45%), Vitamin A: 115.84IU (2.32%), Calcium: 22.09mg (2.21%), Vitamin B5: 0.21mg (2.15%), Fiber: 0.51g (2.06%), Copper: 0.03mg (1.45%), Zinc: 0.21mg (1.37%), Magnesium: 5.34mg (1.33%), Vitamin B12: 0.07µg (1.2%), Potassium: 36.4mg (1.04%)