



Crescent Rolls

READY IN



45 min.

SERVINGS



24

CALORIES



131 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 2 tablespoons butter melted
- ☐ 1 large eggs
- ☐ 3.5 cups flour all-purpose divided
- ☐ 1 cup milk
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup shortening
- ☐ 0.3 cup sugar
- ☐ 0.3 cup warm water (105° to 115°)

Equipment

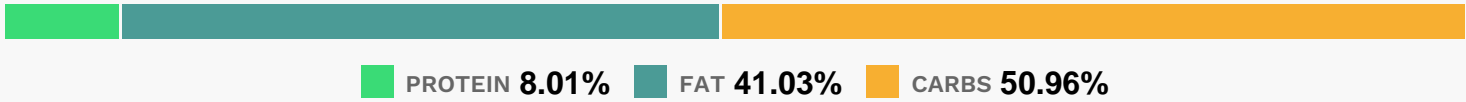
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ ziploc bags
- ☐ measuring cup

Directions

- ☐ Combine yeast and 1/4 cup warm water in a 1-cup liquid glass measuring cup; let stand 5 minutes.
- ☐ Combine milk and next 3 ingredients in a heavy saucepan; heat until shortening melts, stirring occasionally. Cool to 105 to 110.
- ☐ Combine yeast mixture and milk mixture in a large mixing bowl; add 1 1/2 cups flour, and beat at medium speed with an electric mixer until blended. Stir in egg until blended. Beat in enough remaining flour to make a soft dough.
- ☐ Place dough in a well-greased bowl, turning to grease top.
- ☐ Cover and let rise in a warm place (85°), free from drafts, 1 1/2 hours or until doubled in bulk.
- ☐ Punch dough down, and divide into thirds; roll each portion into a 9-inch circle on a lightly floured surface.
- ☐ Brush with 2 tablespoons butter, and cut into 8 wedges.
- ☐ Roll up each wedge tightly, beginning at wide end.
- ☐ Place, point side down, on a greased baking sheet, and bend into crescent shapes.
- ☐ Cover and let rise in a warm place, free from drafts, 45 minutes or until doubled in bulk.
- ☐ Bake at 400° for 8 minutes or just until lightly browned; cool on baking sheets on wire racks. Cover and freeze until firm.
- ☐ Place frozen rolls into heavy-duty zip-top plastic bags; freeze up to 1 month.

- ☐
- Remove crescent rolls from freezer; place on baking sheets,and thaw at room temperature.
- ☐
- Bake at 400 for 5 to 7 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:11.7, Inflammation Score:-2, Nutrition Score:3.5660869038623%

Nutrients (% of daily need)

Calories: 130.56kcal (6.53%), Fat: 5.94g (9.14%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 16.04g (5.83%), Sugar: 2.63g (2.92%), Cholesterol: 8.97mg (2.99%), Sodium: 164mg (7.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin B1: 0.18mg (12.21%), Folate: 41.26µg (10.32%), Selenium: 7.05µg (10.07%), Vitamin B2: 0.13mg (7.43%), Manganese: 0.13mg (6.33%), Vitamin B3: 1.21mg (6.04%), Iron: 0.89mg (4.97%), Phosphorus: 36.23mg (3.62%), Fiber: 0.57g (2.29%), Vitamin K: 2.36µg (2.25%), Vitamin E: 0.34mg (2.24%), Vitamin B5: 0.22mg (2.2%), Calcium: 17.07mg (1.71%), Copper: 0.03mg (1.49%), Zinc: 0.22mg (1.47%), Magnesium: 5.7mg (1.43%), Vitamin A: 69.45IU (1.39%), Vitamin B12: 0.07µg (1.25%), Potassium: 41.01mg (1.17%), Vitamin B6: 0.02mg (1.12%), Vitamin D: 0.15µg (1.02%)