



Double-Quick Dinner Rolls

 Dairy Free

READY IN



90 min.

SERVINGS



1

CALORIES



1420 kcal

Ingredients

- 2.3 cups unbleached flour all-purpose
- 2 tablespoons sugar
- 1 teaspoon salt
- 1 package yeast dry quick
- 1 cup water (120°F to 130°F)
- 2 tablespoons shortening
- 1 eggs

Equipment

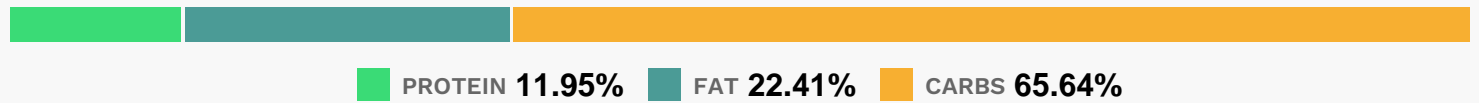
- bowl

- oven
- muffin liners

Directions

- Mix 1 1/4 cups of the flour, the sugar, salt and yeast in large bowl.
- Add water, shortening and egg; beat with spoon until smooth. Stir in remaining flour until smooth. Scrape batter from side of bowl. Cover and let rise in warm place about 30 minutes or until double.
- Grease 12 regular-size muffin cups. Stir down batter by beating about 25 strokes. Spoon into muffin cups.
- Let rise 20 to 30 minutes or until batter rounds over tops of cups.
- Heat oven to 400°F.
- Bake 15 to 20 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:137.09, Glycemic Load:148.91, Inflammation Score:-7, Nutrition Score:29.981304346138%

Nutrients (% of daily need)

Calories: 1419.69kcal (70.98%), Fat: 35.06g (53.94%), Saturated Fat: 8.53g (53.33%), Carbohydrates: 231.1g (77.03%), Net Carbohydrates: 222.46g (80.9%), Sugar: 24.99g (27.76%), Cholesterol: 163.68mg (54.56%), Sodium: 2410.25mg (104.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.07g (84.13%), Selenium: 125.87µg (179.81%), Manganese: 2.27mg (113.43%), Folate: 277.29µg (69.32%), Vitamin B1: 1.02mg (67.85%), Phosphorus: 404.52mg (40.45%), Vitamin B2: 0.65mg (38.49%), Fiber: 8.63g (34.53%), Copper: 0.62mg (30.77%), Vitamin B5: 3.03mg (30.25%), Vitamin B3: 5.66mg (28.3%), Zinc: 3.55mg (23.64%), Vitamin E: 3.16mg (21.04%), Magnesium: 81.8mg (20.45%), Iron: 3.5mg (19.46%), Vitamin B6: 0.28mg (14.21%), Vitamin K: 14.62µg (13.93%), Potassium: 409.78mg (11.71%), Calcium: 77.96mg (7.8%), Vitamin B12: 0.4µg (6.61%), Vitamin D: 0.88µg (5.87%), Vitamin A: 243.23IU (4.86%)