



Easy Yeast Rolls

READY IN



45 min.

SERVINGS



36

CALORIES



139 kcal

BREAD

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 0.5 cup butter divided melted
- ☐ 2 large eggs beaten
- ☐ 5.5 cups flour all-purpose
- ☐ 0.5 cup warm milk (100°-110°)
- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shortening melted
- ☐ 0.5 cup sugar

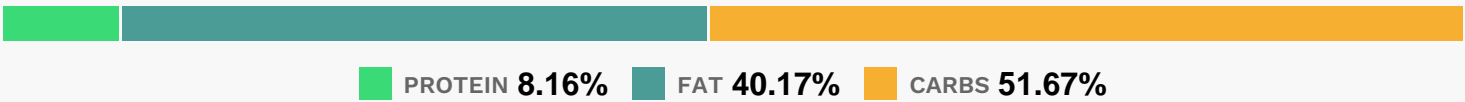
Equipment

- ☐ bowl
- ☐ oven
- ☐ measuring cup

Directions

- ☐ Combine yeast and 1/2 cup warm milk in a 2-cup liquid measuring cup; let stand 5 minutes.
- ☐ Combine yeast mixture, 1 cup milk, sugar, and next 3 ingredients in a large bowl. Gradually add 1 cup flour, stirring until smooth. Gradually stir in enough remaining flour to make a soft dough.
- ☐ Place in a well-greased bowl, turning to grease top of dough.
- ☐ Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Turn dough out onto a floured surface; knead 5 or 6 times. Divide dough in half.
- ☐ Roll each dough portion on a lightly floured surface to 1/4-inch thickness.
- ☐ Cut with a 2-inch round cutter.
- ☐ Brush rounds evenly with 1/4 cup melted butter, and fold in half.
- ☐ Place rolls in 3 lightly greased 9-inch round cakepans.
- ☐ Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Bake at 375 for 15 to 18 minutes or until golden.
- ☐ Brush with remaining 1/4 cup melted butter.

Nutrition Facts



Properties

Glycemic Index:7.53, Glycemic Load:12.66, Inflammation Score:-2, Nutrition Score:3.8504348112189%

Nutrients (% of daily need)

Calories: 139.34kcal (6.97%), Fat: 6.22g (9.57%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 18g (6%), Net Carbohydrates: 17.38g (6.32%), Sugar: 3.33g (3.69%), Cholesterol: 18.33mg (6.11%), Sodium: 93.4mg (4.06%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin B1: 0.2mg (13.38%), Folate: 45.56µg (11.39%), Selenium: 7.6µg (10.86%), Vitamin B2: 0.14mg (8.14%), Manganese: 0.13mg (6.65%), Vitamin B3: 1.3mg (6.5%), Iron: 0.95mg (5.27%), Phosphorus: 39.66mg (3.97%), Fiber: 0.62g (2.49%), Vitamin B5: 0.24mg (2.4%), Vitamin A: 110.26IU (2.21%), Vitamin E: 0.29mg (1.96%), Calcium: 17.9mg (1.79%), Vitamin K: 1.83µg (1.75%), Zinc: 0.25mg (1.64%), Copper: 0.03mg (1.58%), Magnesium: 6.03mg (1.51%), Vitamin B12: 0.09µg (1.42%), Vitamin B6: 0.03mg (1.27%), Potassium: 44.1mg (1.26%), Vitamin D: 0.17µg (1.12%)