



Gold Medal® Classic Dinner Rolls

READY IN



135 min.

SERVINGS



15

CALORIES



137 kcal

BREAD

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 1 large eggs
- ☐ 3.5 cups flour all-purpose for bread® bread flour gold medal®
- ☐ 0.5 cup milk
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup water
- ☐ 2.3 teaspoons yeast dry

Equipment

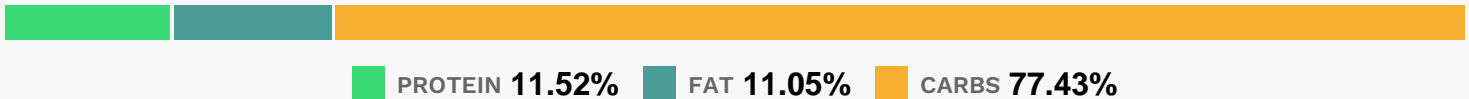
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ spatula
- ☐ cutting board
- ☐ pastry brush

Directions

- ☐ In a large bowl, stir 2 cups of the flour, the sugar, 1/4 cup butter, salt and yeast with a wooden spoon until well mixed. In a 1-quart saucepan, heat the water and milk over medium heat, stirring frequently, until very warm and an instant-read thermometer reads 120°F to 130°F.
- ☐ Add the water mixture and egg to flour mixture. Beat with an electric mixer on low speed 1 minute, stopping frequently to scrape batter from side and bottom of bowl with a rubber spatula, until flour mixture is moistened. Beat on medium speed 1 minute, stopping frequently to scrape bowl. With a wooden spoon, stir in enough of the remaining flour, about 1/2 cup at a time, until dough is soft, leaves side of bowl and is easy to handle (dough maybe slightly sticky).
- ☐ Sprinkle flour lightly on a countertop or large cutting board.
- ☐ Place dough on floured surface. Knead by folding dough toward you, then with the heels of your hands, pushing dough away from you with a short rocking motion. Move dough a quarter turn and repeat. Continue kneading about 5 minutes, sprinkling surface with more flour if dough starts to stick, until dough is smooth and springy. Spray a large bowl with the cooking spray.

- ☐ Place dough in bowl, turning dough to grease all sides. Cover bowl loosely with plastic wrap;let rise in a warm place about 1 hour or until dough has doubled in size. Dough is ready if an indentation remains when you press your fingertips about 1/2 inch into the dough.
- ☐ Spray the bottom and sides of a 13x9-inch pan with the cooking spray. Gently push your fist into the dough to deflate it. Divide dough into 15 equal pieces. Shape each piece into a ball; place in pan.
- ☐ Brush with melted butter. Lightly spray sheet of plastic wrap with cooking spray; cover the pan loosely with the plastic wrap, sprayed side down.
- ☐ Let rise in a warm place about 30 minutes or until dough has doubled in size.
- ☐ Remove plastic wrap.
- ☐ Move the oven rack to a low position so that top of the pan will be in the center of the oven.
- ☐ Heat the oven to 375°F.
- ☐ Bake 12 to 15 minutes or until golden brown.
- ☐ Remove from pan to a cooling rack. For a softer crust, brush tops of rolls with room-temperature butter, using a pastry brush.
- ☐ Serve warm or cooled.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:18.57, Inflammation Score:-3, Nutrition Score:5.0947825775846%

Nutrients (% of daily need)

Calories: 136.87kcal (6.84%), Fat: 1.66g (2.55%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 25.27g (9.19%), Sugar: 3.81g (4.23%), Cholesterol: 13.38mg (4.46%), Sodium: 172.91mg (7.52%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.9g (7.79%), Vitamin B1: 0.29mg (19.08%), Folate: 65.87µg (16.47%), Selenium: 11.12µg (15.89%), Vitamin B2: 0.19mg (11.19%), Manganese: 0.2mg (10.11%), Vitamin B3: 1.92mg (9.6%), Iron: 1.42mg (7.92%), Phosphorus: 49.5mg (4.95%), Fiber: 0.91g (3.65%), Vitamin B5: 0.27mg (2.73%), Copper: 0.05mg (2.41%), Zinc: 0.32mg (2.13%), Magnesium: 8.16mg (2.04%), Calcium: 17.03mg (1.7%), Vitamin B6: 0.03mg (1.53%), Potassium: 52.96mg (1.51%), Vitamin A: 64.56IU (1.29%), Vitamin B12: 0.07µg (1.25%), Vitamin D: 0.16µg (1.04%)