



WHATSheATE



Golden Crescent Rolls

READY IN



190 min.

SERVINGS



20

CALORIES



185 kcal

BREAD

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 0.3 cup butter softened
- ☐ 2 eggs
- ☐ 4 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 0.8 cup warm water (110 degrees F/45 degrees C)
- ☐ 0.5 cup sugar white

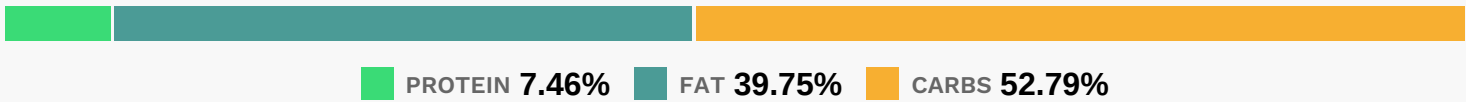
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Dissolve yeast in warm water.
- ☐ Stir in sugar, salt, eggs, shortening, and 2 cups of flour. Beat until smooth.
- ☐ Mix in remaining flour until smooth. Scrape dough from side of bowl. Knead dough, then cover it and let rise in a warm place until double (about 1-1/2 hours).
- ☐ Punch down dough. Divide in half.
- ☐ Roll each half into a 12-inch circle.
- ☐ Spread with butter.
- ☐ Cut into 10 to 15 wedge.
- ☐ Roll up the wedges starting with the wide end.
- ☐ Place rolls with point under on a greased baking sheet. Cover and let rise until double (about 1 hour).
- ☐ Bake at 400 degrees F (205 degrees C) for 12-15 minute or until golden brown.
- ☐ Brush tops with butter when they come out.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:17.29, Inflammation Score:-2, Nutrition Score:4.8882608698762%

Nutrients (% of daily need)

Calories: 184.5kcal (9.22%), Fat: 8.16g (12.55%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 24.38g (8.13%), Net Carbohydrates: 23.52g (8.55%), Sugar: 5.08g (5.64%), Cholesterol: 22.47mg (7.49%), Sodium: 142.33mg (6.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.89%), Vitamin B1: 0.28mg (18.48%), Folate: 64.49µg

(16.12%), Selenium: 9.94µg (14.2%), Vitamin B2: 0.17mg (10.23%), Vitamin B3: 1.77mg (8.83%), Manganese: 0.17mg (8.72%), Iron: 1.26mg (7%), Phosphorus: 40.91mg (4.09%), Fiber: 0.87g (3.46%), Vitamin B5: 0.31mg (3.11%), Vitamin E: 0.44mg (2.94%), Vitamin K: 3.02µg (2.87%), Copper: 0.04mg (2.21%), Zinc: 0.29mg (1.95%), Vitamin A: 94.67IU (1.89%), Magnesium: 6.56mg (1.64%), Vitamin B6: 0.03mg (1.46%), Potassium: 40.4mg (1.15%)