



## Golden Dinner Rolls

READY IN



45 min.

SERVINGS



36

CALORIES



122 kcal

### Ingredients

- 0.5 ounce yeast dry
- 3 eggs beaten
- 1 cup milk
- 1 teaspoon salt
- 0.5 cup shortening
- 0.5 cup sugar
- 6 cups unbleached flour
- 1 cup water (110° to 115°)

### Equipment

- bowl
- baking sheet
- oven
- loaf pan

## Directions

- Soften yeast in warm water.
- Place sugar and salt in large bowl. Set aside.
- Heat and stir milk and shortening until shortening melts (120°-130°).
- Add to bowl along with eggs and yeast mixture. Stir in 1 cup of flour at a time to form a soft dough that can be kneaded. Knead on a lightly floured surface until smooth and elastic.
- Place in a large greased bowl. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down. Turn out onto a lightly floured surface. Shape into desired rolls or loaves.
- Place on greased baking sheets or in loaf pans. Cover and let rise until nearly doubled, about 30 minutes.
- Bake rolls at 375° for 15-18 minutes or until golden.
- Bake loaves at 375° for about 30 minutes or until bread tests done.
- Remove from pans and cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:4.86, Glycemic Load:11.85, Inflammation Score:-1, Nutrition Score:2.6886956795402%

## Nutrients (% of daily need)

Calories: 121.66kcal (6.08%), Fat: 3.8g (5.84%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 17.78g (6.46%), Sugar: 3.18g (3.53%), Cholesterol: 14.45mg (4.82%), Sodium: 73.47mg (3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Selenium: 9.57µg (13.68%), Manganese: 0.17mg (8.39%), Folate: 17.81µg (4.45%), Vitamin B1: 0.07mg (4.39%), Phosphorus: 36.82mg (3.68%), Vitamin B2: 0.05mg (3.23%), Vitamin B5: 0.25mg (2.45%), Fiber: 0.61g (2.42%), Copper: 0.04mg (2.18%), Vitamin E: 0.3mg (2%), Zinc: 0.28mg (1.9%), Vitamin B3: 0.38mg (1.88%), Magnesium: 6.74mg (1.69%), Vitamin K: 1.61µg (1.53%), Iron: 0.26mg

(1.47%), Calcium: 13.93mg (1.39%), Vitamin B6: 0.02mg (1.2%), Vitamin B12: 0.07µg (1.16%), Potassium: 39.89mg (1.14%)