



Grandma's Clover Leaf Rolls

READY IN



220 min.

SERVINGS



12

CALORIES



200 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1 eggs
- ☐ 3.3 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable shortening
- ☐ 0.3 cup warm water) (110 degrees F (43 degrees C)
- ☐ 0.3 cup sugar white

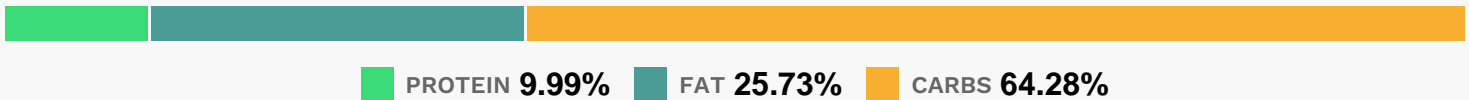
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ muffin tray

Directions

- ☐ Heat the milk in a saucepan over medium heat until bubbles begin to form, but the milk is not simmering. Stir in the sugar, shortening, and salt; set aside until cooled to 110 degrees F (43 degrees C).
- ☐ Sprinkle the yeast over the warm water and set aside for 5 minutes.
- ☐ Beat the egg in a mixing bowl, then stir in the yeast and milk. Stir in half of the flour until no lumps remain, then stir in the remaining flour a little at a time until a smooth dough forms.
- ☐ Place into a greased bowl, turn once to grease the top, cover, and let rise until doubled in bulk, about 2 hours.
- ☐ Grease a 12 sectioned muffin tin. Deflate the dough, and place onto a well-floured work surface. Divide the dough into 36 pieces, and form into balls.
- ☐ Place 3 balls into each muffin cup. Cover, and let rise in a warm place until doubled in bulk, about 1 hour.
- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Bake in the preheated oven until golden, 12 to 15 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:22.44, Inflammation Score:-3, Nutrition Score:6.5508696099986%

Nutrients (% of daily need)

Calories: 199.55kcal (9.98%), Fat: 5.67g (8.72%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 31.87g (10.62%), Net Carbohydrates: 30.77g (11.19%), Sugar: 5.24g (5.83%), Cholesterol: 16.08mg (5.36%), Sodium: 208.18mg (9.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.91%), Vitamin B1: 0.35mg (23.42%), Folate: 79.09µg (19.77%), Selenium: 13.35µg (19.08%), Vitamin B2: 0.24mg (14.16%), Manganese: 0.24mg (12.06%), Vitamin B3: 2.31mg (11.56%), Iron: 1.69mg (9.42%), Phosphorus: 69.06mg (6.91%), Fiber: 1.1g (4.39%), Vitamin B5: 0.39mg (3.93%), Calcium: 32.8mg (3.28%), Copper: 0.06mg (2.83%), Zinc: 0.42mg (2.81%), Magnesium: 10.89mg (2.72%), Vitamin B12: 0.14µg (2.38%), Vitamin K: 2.45µg (2.33%), Potassium: 78.48mg (2.24%), Vitamin E: 0.33mg (2.21%), Vitamin B6: 0.04mg (2.14%), Vitamin D: 0.3µg (1.98%), Vitamin A: 52.74IU (1.05%)