



Homemade Pan Rolls

READY IN



180 min.

SERVINGS



48

CALORIES



56 kcal

Ingredients

- 3.8 cups bread flour divided
- 2 tablespoons butter melted
- 1 eggs
- 0.5 cup warm milk
- 1 teaspoon salt
- 0.3 cup shortening
- 0.5 cup warm water (120 to 130 degrees F/50 degrees C)
- 0.3 cup sugar white
- 0.3 ounce rapid rise yeast

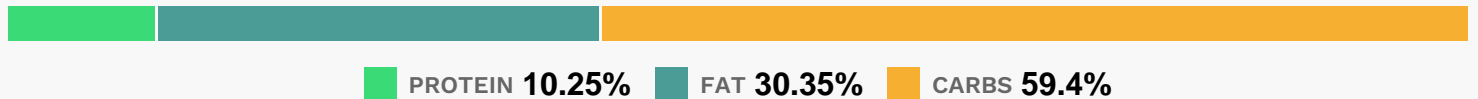
Equipment

- bowl
- oven
- hand mixer

Directions

- In a large bowl, stir together 2 cups flour, sugar, shortening, salt and yeast.
- Add water, milk and egg. Beat with electric mixer on low speed 1 minute, scraping bowl frequently.
- Add the remaining flour, 1/4 cup at a time, until the dough comes together.
- Turn the dough out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.
- Place in greased bowl and turn greased side up. Cover and let rise in warm place until doubled, about 1 hour. Dough is ready if indentation remains when touched.
- Turn dough out onto a lightly floured surface and divide in half; cut each half into 24 pieces. Form the pieces into rounds.
- Place the rolls close together in two lightly greased 9 inch round cake pans.
- Brush with melted butter. Cover and let rise in warm place about 30 minutes or until doubled. Cover the rolls with a damp cloth and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 400 degrees F (200 degrees C).
- Bake in preheated oven for 12 to 18 minutes, until golden brown.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:5.36, Inflammation Score:-1, Nutrition Score:1.1395652216414%

Nutrients (% of daily need)

Calories: 56.2kcal (2.81%), Fat: 1.89g (2.9%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 8.03g (2.92%), Sugar: 1.2g (1.33%), Cholesterol: 4.97mg (1.66%), Sodium: 54.91mg (2.39%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Selenium: 4.23µg (6.04%), Manganese: 0.08mg (3.92%), Folate: 7.13µg (1.78%), Vitamin B1: 0.03mg (1.74%), Phosphorus: 14.94mg (1.49%), Vitamin B2: 0.02mg (1.17%), Fiber: 0.27g (1.1%)