



WHATSheATE



Homemade Pan Rolls

READY IN



138 min.

SERVINGS



4

CALORIES



586 kcal

Ingredients

- ☐ 1 package yeast dry quick
- ☐ 4 servings butter melted
- ☐ 1 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 cup milk (120°F to 130°F)
- ☐ 1 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 0.3 cup sugar
- ☐ 0.5 cup water (120°F to 130°F)

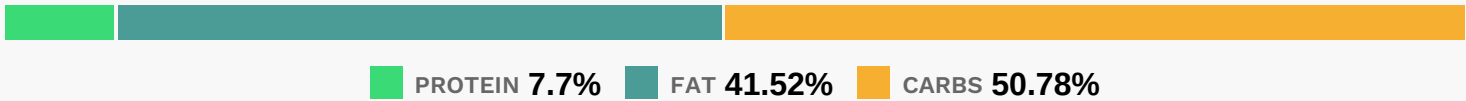
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Mix 2 cups of the flour, the sugar, shortening, salt and yeast in medium bowl.
- ☐ Add warm water, warm milk and egg. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in enough remaining flour to make dough easy to handle.
- ☐ Turn dough onto lightly floured surface. Knead about 5 minutes or until smooth and elastic.
- ☐ Place in greased bowl and turn greased side up. Cover and let rise in warm place about 1 hour or until double. Dough is ready if indentation remains when touched.
- ☐ Grease bottoms and sides of 2 round pans, 9x1 1/2 inches.
- ☐ Punch down dough.
- ☐ Cut dough in half; cut each half into 24 pieces. Shape into balls.
- ☐ Place close together in pans.
- ☐ Brush with butter. Cover and let rise in warm place about 30 minutes or until double.
- ☐ Heat oven to 400F.
- ☐ Bake 12 to 18 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:45.77, Glycemic Load:52.4, Inflammation Score:-7, Nutrition Score:15.71826096365%

Nutrients (% of daily need)

Calories: 586.14kcal (29.31%), Fat: 27.04g (41.61%), Saturated Fat: 6.59g (41.2%), Carbohydrates: 74.42g (24.81%), Net Carbohydrates: 71.84g (26.12%), Sugar: 14.19g (15.77%), Cholesterol: 44.58mg (14.86%), Sodium: 745.17mg

(32.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.58%), Vitamin B1: 0.83mg (55.41%), Folate: 189.23µg (47.31%), Selenium: 30.66µg (43.79%), Vitamin B2: 0.56mg (32.7%), Manganese: 0.54mg (27.23%), Vitamin B3: 5.36mg (26.8%), Iron: 3.88mg (21.53%), Phosphorus: 151.33mg (15.13%), Vitamin A: 609.59IU (12.19%), Fiber: 2.58g (10.32%), Vitamin B5: 0.96mg (9.6%), Vitamin E: 1.4mg (9.31%), Vitamin K: 7.18µg (6.84%), Copper: 0.13mg (6.72%), Zinc: 0.96mg (6.39%), Calcium: 61.62mg (6.16%), Magnesium: 23.84mg (5.96%), Vitamin B6: 0.1mg (4.97%), Potassium: 167.49mg (4.79%), Vitamin B12: 0.28µg (4.63%), Vitamin D: 0.56µg (3.7%)