



Homemade Pan Rolls

 Popular

READY IN



138 min.

SERVINGS



48

CALORIES



43 kcal

Ingredients

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

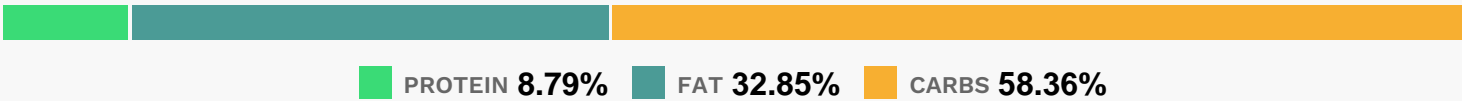
Equipment

- ☐ 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 400°F.
- ☐ Bake 12 to 18 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:3.81, Glycemic Load:4.37, Inflammation Score:-1, Nutrition Score:1.2695652311263%

Nutrients (% of daily need)

Calories: 42.55kcal (2.13%), Fat: 1.55g (2.38%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 5.98g (2.17%), Sugar: 1.18g (1.31%), Cholesterol: 3.71mg (1.24%), Sodium: 53.85mg (2.34%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Vitamin B1: 0.07mg (4.61%), Folate: 15.76µg (3.94%),
Selenium: 2.55µg (3.65%), Vitamin B2: 0.05mg (2.71%), Manganese: 0.05mg (2.27%), Vitamin B3: 0.45mg (2.23%),
Iron: 0.32mg (1.79%), Phosphorus: 12.41mg (1.24%)