



Icebox Dinner Rolls

READY IN



575 min.

SERVINGS



1

CALORIES



3193 kcal

BREAD

Ingredients

- ☐ 0.3 oz active yeast dry
- ☐ 0.3 cup butter divided melted
- ☐ 1 large eggs lightly beaten
- ☐ 4 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 6 tablespoons shortening
- ☐ 0.3 cup sugar
- ☐ 0.3 cup warm water (105° to 115°)
- ☐ 1 cup water boiling

Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ stand mixer
- ☐ measuring cup

Directions

- ☐ Pour boiling water over shortening and next 2 ingredients in bowl of a heavy-duty electric stand mixer, and stir until shortening melts and sugar and salt are completely dissolved.
- ☐ Let stand 10 minutes or until about 11
- ☐ Meanwhile, combine yeast and warm water in a 1-cup liquid measuring cup; let stand 5 minutes.
- ☐ Add yeast mixture and egg to shortening mixture; beat at low speed until combined. Gradually add flour, beating at low speed 2 to 3 minutes or until flour is blended and dough is soft and smooth.
- ☐ Place dough in a lightly greased bowl, turning to grease top. Cover and chill 8 to 24 hours.
- ☐ Turn dough out onto a lightly floured surface, and knead until smooth and elastic (about 1 minute). Gently shape dough into 60 (1-inch) balls; place 3 dough balls in each cup of 2 lightly greased 12-cup muffin pans. (You will fill only 20 cups.)
- ☐ Brush rolls with half of melted butter.
- ☐ Cover pans with plastic wrap, and let rise in a warm place (85), free from drafts, 45 minutes to 1 hour or until doubled in bulk.
- ☐ Preheat oven to 40
- ☐ Bake rolls for 8 to 12 minutes or until golden brown.
- ☐ Brush with remaining melted butter.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **7.7%**  FAT **37.66%**  CARBS **54.64%**

Properties

Glycemic Index:195.09, Glycemic Load:310.96, Inflammation Score:-10, Nutrition Score:51.053043418523%

Nutrients (% of daily need)

Calories: 3192.84kcal (159.64%), Fat: 133.18g (204.89%), Saturated Fat: 50.78g (317.38%), Carbohydrates: 434.66g (144.89%), Net Carbohydrates: 419.26g (152.46%), Sugar: 51.47g (57.19%), Cholesterol: 308.01mg (102.67%), Sodium: 2793.36mg (121.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.3g (122.59%), Vitamin B1: 4.74mg (316.19%), Folate: 1106.05µg (276.51%), Selenium: 186.28µg (266.12%), Vitamin B2: 3.01mg (177.11%), Manganese: 3.45mg (172.71%), Vitamin B3: 32.43mg (162.15%), Iron: 24.34mg (135.22%), Phosphorus: 697.77mg (69.78%), Fiber: 15.41g (61.63%), Vitamin E: 6.85mg (45.66%), Vitamin B5: 4.5mg (44.98%), Vitamin K: 46.51µg (44.29%), Copper: 0.84mg (41.98%), Vitamin A: 1688.18IU (33.76%), Zinc: 4.8mg (32%), Magnesium: 123.98mg (30.99%), Vitamin B6: 0.41mg (20.69%), Potassium: 686.78mg (19.62%), Calcium: 130.33mg (13.03%), Vitamin B12: 0.55µg (9.11%), Vitamin D: 1µg (6.67%)