

EGGS

Icebox Rolls

3 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	36	\$0.09	115 kcal

The recipe Icebox Rolls can be made in about 45 minutes. One portion of this dish contains around 3g of protein, 5g of fat, and a total of 115 calories. This recipe serves 36 and costs 9 cents per serving. Head to the store and pick up active yeast, shortening, butter, and a few other things to make...

Ingredients

☐ ¼ ounce envelope active dry yeast	☐ 5 cups bread flour
☐ ¼ cup butter, melted	☐ 2 large eggs
☐ 1 teaspoon salt	☐ ½ cup shortening
☐ ½ cup sugar	☐ 1 teaspoon sugar
☐ ½ cup warm water (100° to 110°)	☐ 1 cup water

EQUIPMENT Bowl, Baking sheet, Oven, Knife, Stand mixer, Measuring cup

Method

- 1 Pour 1 cup boiling water over shortening in a large bowl, stirring to melt shortening.
- 2 Let stand 30 minutes or until completely cooled.Stir together yeast, 1/2 cup warm water, and 1 teaspoon sugar in a glass measuring cup; let stand 5 minutes. Beat eggs at medium speed using a heavy-duty stand mixer; add 1/2 cup sugar and salt.
- 3 Add shortening mixture and yeast mixture. Reduce speed to low, and gradually add 5 cups flour, beating until blended.Cover and chill dough 12 hours or up to 5 days.Turn dough out on a lightly floured surface, and roll to 1/4-inch thickness.

- 4 Cut with a lightly floured 2 1/2-inch round cutter. Make a crease across the middle of each dough round with a knife, and fold in half; gently press edges to seal.
- 5 Place rolls on lightly greased baking sheets. Cover and let rise in a warm place (85), free from drafts, 1 1/2 hours or until doubled in bulk.
- 6 Brush rolls evenly with melted butter.
- 7 Bake at 400 for about 15 minutes or until golden brown.
- 8 Brush again with melted butter, if desired.

Nutrition per serving

115	3 g	5 g	16 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.7 g · 10% of daily needs
Fibre			0.5 g · 2% of daily needs
Sugar			3 g · 3% of daily needs
Sodium			79.8 mg · 3% of daily needs
Cholesterol			13.7 mg · 5% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/icebox-rolls-147464