



## Jean's Refrigerator Yeast Rolls

READY IN



45 min.

SERVINGS



24

CALORIES



129 kcal

BREAD

## Ingredients

- ☐ 2 packages active yeast dry
- ☐ 0.3 lb butter cut into chunks
- ☐ 3 large eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 2 tablespoons poppy seed
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap

## Directions

- ☐ In a 1- to 1 1/2-quart pan, warm 1 cup milk over high heat until small bubbles appear at edges.
- ☐ Add 1/2 cup butter, sugar, and salt.
- ☐ Remove from heat; cool to lukewarm (110).
- ☐ Soften yeast in 1/4 cup warm water (11
- ☐ about 5 minutes.
- ☐ In a bowl, combine milk mixture and yeast.
- ☐ Add 2 eggs and beat to blend.
- ☐ Add 2 cups flour. Beat at low speed to moisten. Then beat on high speed until dough is stretchy, 6 to 10 minutes.
- ☐ On low speed (or with a spoon), mix in 1 1/2 cups flour until well blended. Then gradually stir in as much of the remaining 1/2 cup flour as dough will absorb. Dough should still be soft and slightly sticky. Cover with plastic wrap and place in the refrigerator for at least 4 hours or up to 48 hours.
- ☐ Punch dough down and divide in half. Cover half the dough while shaping the remainder.
- ☐ Butter muffin pans (with 2 1/2-in.-wide cups). To make cloverleaf rolls, pinch off and shape dough into 1-inch-thick balls. Drop 3 balls into each cup. Cover lightly with plastic wrap.
- ☐ Let rolls rise in a warm place until almost doubled, 30 to 45 minutes. With a fork, beat remaining egg to blend with 1 tablespoon milk.
- ☐ Brush rolls with egg mixture and sprinkle with sesame seed.
- ☐ Bake rolls in 400 oven until golden, 8 to 10 minutes.
- ☐ Serve warm or cool.

## Nutrition Facts



 **PROTEIN 10.59%**  **FAT 36.72%**  **CARBS 52.69%**

## Properties

Glycemic Index:7.84, Glycemic Load:11.7, Inflammation Score:-3, Nutrition Score:4.5604347299946%

## Nutrients (% of daily need)

Calories: 129.22kcal (6.46%), Fat: 5.26g (8.1%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 16.2g (5.89%), Sugar: 2.66g (2.96%), Cholesterol: 24.47mg (8.16%), Sodium: 106.62mg (4.64%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.42g (6.83%), Vitamin B1: 0.22mg (14.82%), Folate: 50.61µg (12.65%), Selenium: 8.45µg (12.07%), Vitamin B2: 0.16mg (9.35%), Manganese: 0.18mg (8.94%), Vitamin B3: 1.33mg (6.67%), Iron: 1.04mg (5.79%), Phosphorus: 53.66mg (5.37%), Vitamin A: 219.23IU (4.38%), Fiber: 0.8g (3.18%), Calcium: 31.17mg (3.12%), Vitamin B5: 0.3mg (2.99%), Zinc: 0.36mg (2.37%), Copper: 0.05mg (2.29%), Magnesium: 9.04mg (2.26%), Vitamin B12: 0.12µg (1.93%), Vitamin B6: 0.04mg (1.79%), Potassium: 56.38mg (1.61%), Vitamin E: 0.24mg (1.61%), Vitamin D: 0.24µg (1.58%)