

Jordan Rolls

READY IN



95 min.

SERVINGS



18

CALORIES



276 kcal

BREAD

Ingredients

- ☐ 0.8 cup butter divided melted
- ☐ 2 large eggs lightly beaten
- ☐ 5 cups flour all-purpose
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup shortening
- ☐ 0.5 cup sugar
- ☐ 1.5 cups warm water (110° to 120°)
- ☐ 0.5 oz rapid-rise yeast

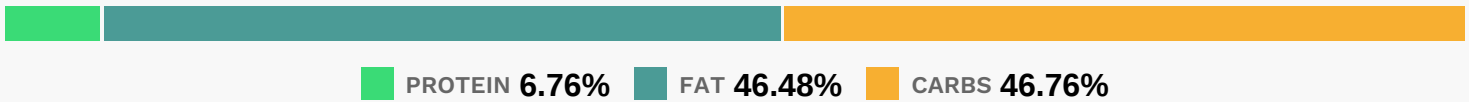
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ kitchen towels
- ☐ pizza cutter

Directions

- ☐ Combine first 3 ingredients and 2 cups flour in a large bowl.
- ☐ Cut in shortening with a fork or pastry blender until crumbly. Stir in eggs. (
- ☐ Mixture will be lumpy and dry.) Stir in warm water, 1/2 cup melted butter, and remaining 3 cups flour until well blended. (
- ☐ Mixture will remain lumpy.) Cover with a kitchen towel, and let rise in a warm place (85), free from drafts, 20 minutes. (
- ☐ Rolls will rise only slightly.)
- ☐ Turn dough out onto a floured surface.
- ☐ Sprinkle lightly with flour; knead three to four times. Pat or roll into a 13- x 9-inch rectangle (about 3/4 inch thick).
- ☐ Cut dough into 18 rectangles using a pizza cutter.
- ☐ Place in a lightly greased 13- x 9-inch pan, and cover with towel.
- ☐ Let rise in a warm place (85), free from drafts, 20 minutes.
- ☐ Preheat oven to 35
- ☐ Bake rolls 25 minutes.
- ☐ Brush with remaining 1/4 cup melted butter, and bake 5 more minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:10.84, Glycemic Load:23.05, Inflammation Score:-4, Nutrition Score:6.6930434859317%

Nutrients (% of daily need)

Calories: 276.44kcal (13.82%), Fat: 14.31g (22.02%), Saturated Fat: 6.52g (40.75%), Carbohydrates: 32.4g (10.8%), Net Carbohydrates: 31.25g (11.36%), Sugar: 5.66g (6.29%), Cholesterol: 41mg (13.67%), Sodium: 264.86mg (11.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.37%), Vitamin B1: 0.36mg (24.2%), Folate: 84.86µg (21.22%), Selenium: 13.67µg (19.52%), Vitamin B2: 0.23mg (13.69%), Manganese: 0.24mg (12.08%), Vitamin B3: 2.37mg (11.87%), Iron: 1.74mg (9.64%), Phosphorus: 55.79mg (5.58%), Vitamin A: 266.36IU (5.33%), Fiber: 1.15g (4.6%), Vitamin E: 0.65mg (4.32%), Vitamin B5: 0.39mg (3.93%), Vitamin K: 3.82µg (3.63%), Copper: 0.06mg (3.06%), Zinc: 0.39mg (2.59%), Magnesium: 9.12mg (2.28%), Vitamin B6: 0.04mg (1.84%), Potassium: 54.76mg (1.56%), Calcium: 11.65mg (1.16%), Vitamin B12: 0.07µg (1.1%)