

## **Jordan Rolls**

READY IN

95 min.

SERVINGS



18

CALORIES



276 kcal

BREAD

## Ingredients

0.8 cup butter divided melte	d
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- 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

uipment	
bowl	
frying pan	
oven	
blender	
kitchen towels	
pizza cutter	
ections	
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	
PROTEIN 6.76% FAT 46.48% CARBS 46.76%	

## **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%)