



## Lunch Lady Rolls

READY IN



255 min.

SERVINGS



12

CALORIES



168 kcal

## Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1 tablespoon teaspoon butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 15 oz flour — if you don't weigh it all-purpose well
- ☐ 1 teaspoon granulated sugar
- ☐ 3 tablespoons granulated sugar
- ☐ 1 tablespoon teaspoon milk
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon teaspoon shortening
- ☐ 1 cup warm water (110–120 degrees)

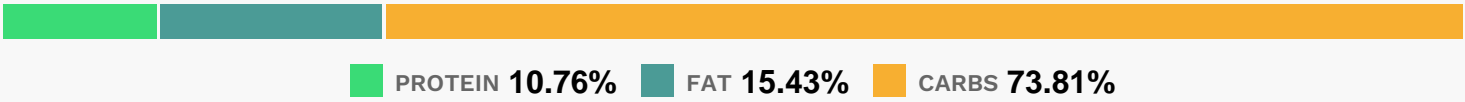
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ stand mixer

## Directions

- ☐ In bowl of a stand mixer, mix together the warm water and 1 teaspoon of the sugar.
- ☐ Sprinkle the yeast over the top, and let it stand for about 10 minutes, until the yeast is foamy. Beat the egg in a small bowl then measure out about 1 tablespoon and discard.
- ☐ Whisk in the milk and salt, then add the egg milk mixture to the yeast mixture.
- ☐ Combine the flour and sugar in a separate bowl.
- ☐ Cut in the shortening with a fork. Gradually stir the flour mixture into the yeast mixture. Set the mixing bowl on the stand mixer with the dough hook and knead for about 3 minutes or until dough appears smooth and elastic and is pulling away from the bowl. Cover the mixing bowl with plastic wrap or a warm towel and set it aside to rise for 1 hour. When the dough has risen, pour the melted butter over it, return to stand mixer and knead with the dough hook for about 3 more minutes. (See Note). Dough should be smooth, elastic, slick, but not shaggy. Flour a large surface.
- ☐ Let the dough rest for a few minutes, then roll or pat out to a little less than 1 inch thick. Using a knife, cut the dough into 2 inch squares. Tuck the corners of the squares under to make smooth rounds and set them in the pan (I used two 9 inch round pans with about 6 balls of dough in each. Space about 1 inch apart. Set pans aside for another 40 minutes rise. Preheat the oven to 400 degrees F. If you like, brush the rolls with some extra melted butter.
- ☐ Bake the rolls for about 12–15 minutes, until golden brown. I brushed them with a little more butter before serving.

## Nutrition Facts



## Properties

Glycemic Index:25.27, Glycemic Load:21.91, Inflammation Score:-3, Nutrition Score:5.9878260726514%

## Nutrients (% of daily need)

Calories: 168.25kcal (8.41%), Fat: 2.85g (4.39%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 30.69g (10.23%), Net Carbohydrates: 29.58g (10.76%), Sugar: 3.5g (3.89%), Cholesterol: 18.16mg (6.05%), Sodium: 209.76mg (9.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.95%), Vitamin B1: 0.35mg (23.05%), Folate: 80.66µg (20.17%), Selenium: 13.39µg (19.14%), Vitamin B2: 0.22mg (12.97%), Manganese: 0.25mg (12.27%), Vitamin B3: 2.33mg (11.67%), Iron: 1.73mg (9.64%), Phosphorus: 51.83mg (5.18%), Fiber: 1.12g (4.46%), Vitamin B5: 0.31mg (3.12%), Copper: 0.06mg (3.01%), Zinc: 0.36mg (2.38%), Magnesium: 8.99mg (2.25%), Vitamin B6: 0.03mg (1.62%), Potassium: 51.57mg (1.47%), Vitamin A: 53.68IU (1.07%), Vitamin E: 0.16mg (1.05%), Calcium: 10.4mg (1.04%)