

Mom's Yeast Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



125 kcal

BREAD

Ingredients

- 0.5 ounce active yeast dry
- 2 eggs
- 5.5 cups flour all-purpose
- 0.5 cup butter
- 2 teaspoons salt
- 0.5 cup water cold
- 0.3 cup sugar white

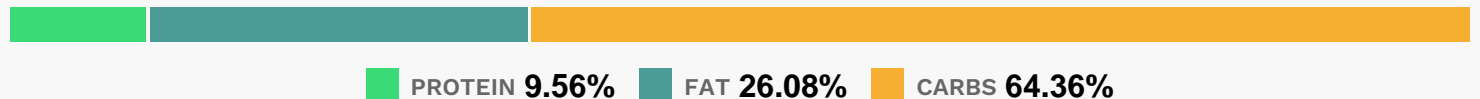
Equipment

- oven
- baking pan

Directions

- Melt margarine in hot water.
- Add sugar and salt and stir.
- Add cold water and yeast. Stir to dissolve yeast.
- Add 3 cups flour and mix.
- Add eggs and 2 1/2 - 3 cups more flour.
- Mix, cover and let rise until dough doubles in size.
- Punch down and let rise 30 more minutes or until doubles.
- Make walnut size balls of dough.
- Place about 2 inches apart in well-buttered 9 x 13 inch pan.
- Bake in a preheated 350 degrees F (175 degrees C) oven for 30-45 minutes.
- Brush top of rolls with margarine while hot.

Nutrition Facts



Properties

Glycemic Index:4.84, Glycemic Load:14.2, Inflammation Score:-3, Nutrition Score:4.0673913499745%

Nutrients (% of daily need)

Calories: 124.9kcal (6.25%), Fat: 3.59g (5.53%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 19.95g (6.65%), Net Carbohydrates: 19.2g (6.98%), Sugar: 2.29g (2.55%), Cholesterol: 10.91mg (3.64%), Sodium: 195.79mg (8.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin B1: 0.23mg (15.56%), Folate: 54.41µg (13.6%), Selenium: 8.72µg (12.46%), Vitamin B2: 0.15mg (8.67%), Manganese: 0.16mg (7.95%), Vitamin B3: 1.55mg (7.73%), Iron: 1.13mg (6.26%), Phosphorus: 34.44mg (3.44%), Vitamin A: 151.17IU (3.02%), Fiber: 0.75g (2.98%), Vitamin B5: 0.21mg (2.12%), Copper: 0.04mg (1.9%), Zinc: 0.24mg (1.58%), Magnesium: 5.81mg (1.45%), Vitamin B6: 0.02mg (1.12%), Vitamin E: 0.16mg (1.08%)