



Mrs. Monty's Rolls

READY IN



250 min.

SERVINGS



1

CALORIES



4051 kcal

BREAD

Ingredients

- ☐ 0.3 oz active yeast dry
- ☐ 2 tablespoons butter melted
- ☐ 3 tablespoons butter softened
- ☐ 1 large eggs lightly beaten
- ☐ 6 cups flour all-purpose sifted
- ☐ 3 tablespoons shortening softened
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon salt
- ☐ 2 cups warm water (100° to 110°)

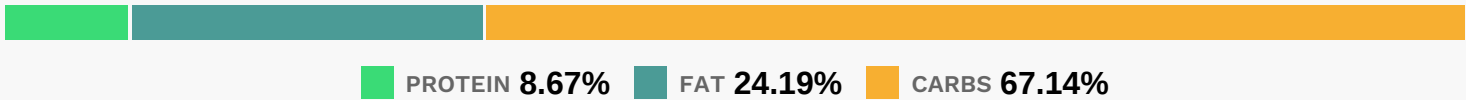
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Combine yeast and water in a large bowl; let stand 5 minutes. Stir in sugar and next 3 ingredients.
- ☐ Whisk in 3 cups sifted flour, 1 cup at a time, until combined. Gradually stir in more flour to make a soft dough (about 3 to 3 1/2 cups). Using floured hands, shape dough into a smooth ball.
- ☐ Place dough in a well-greased bowl, turning to grease top. Cover with plastic wrap.
- ☐ Let rise in a warm place 2 hours or until doubled in bulk.
- ☐ Punch dough down.
- ☐ Roll dough out to 1/4-inch thickness on a floured surface.
- ☐ Cut dough into rounds with a 3-inch round cutter, rerolling scraps once. Lightly press each round into a 4-inch oval.
- ☐ Spread 1/4 tsp. softened butter on half of each oval. Fold unbuttered half over to form a half-moon shape; place 2 inches apart on 2 lightly greased baking sheets. Cover and let rise in a warm place 40 minutes or until doubled in bulk.
- ☐ Preheat oven to 37
- ☐ Bake, in batches, 14 to 15 minutes or until golden brown.
- ☐ Transfer to a wire rack; brush with melted butter.

Nutrition Facts



Properties

Glycemic Index:245.09, Glycemic Load:483.89, Inflammation Score:-10, Nutrition Score:55.527390906263%

Nutrients (% of daily need)

Calories: 4050.89kcal (202.54%), Fat: 108.13g (166.36%), Saturated Fat: 48.38g (302.36%), Carbohydrates: 675.25g (225.08%), Net Carbohydrates: 653.09g (237.49%), Sugar: 102.05g (113.39%), Cholesterol: 336.5mg (112.17%), Sodium: 2891.39mg (125.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 87.23g (174.47%), Vitamin B1: 6.7mg (446.55%), Folate: 1563.94µg (390.99%), Selenium: 271.47µg (387.81%), Manganese: 5.16mg (258.06%), Vitamin B2: 4.26mg (250.58%), Vitamin B3: 47.2mg (235.98%), Iron: 35.94mg (199.66%), Phosphorus: 970.95mg (97.09%), Fiber: 22.16g (88.63%), Copper: 1.23mg (61.57%), Vitamin B5: 5.35mg (53.46%), Magnesium: 181.02mg (45.25%), Zinc: 6.58mg (43.89%), Vitamin A: 2019.3IU (40.39%), Vitamin E: 4.95mg (33.02%), Potassium: 958.46mg (27.38%), Vitamin K: 27.76µg (26.44%), Vitamin B6: 0.52mg (26.19%), Calcium: 176.45mg (17.64%), Vitamin B12: 0.57µg (9.48%), Vitamin D: 1µg (6.67%)