



No Knead Refrigerator Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



81 kcal

BREAD

Ingredients

- ☐ 4.5 teaspoons active yeast dry
- ☐ 1 eggs
- ☐ 6.5 cups flour all-purpose
- ☐ 2 teaspoons salt
- ☐ 0.3 cup shortening
- ☐ 2 cups warm water
- ☐ 0.5 cup sugar white

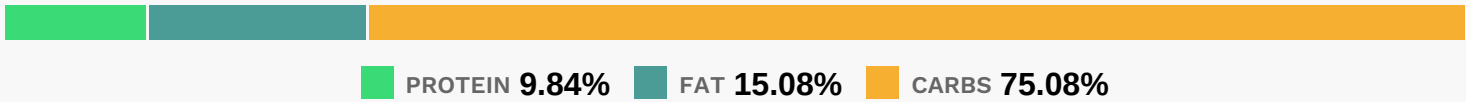
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer

Directions

- ☐ In a large bowl, dissolve yeast in warm water and set aside to proof.
- ☐ In another bowl, mix together sugar, salt, shortening, and egg with an electric mixer at low speed.
- ☐ Add mixture to yeast, and stir in flour. The last 3 cups of flour will have to be mixed in by hand.
- ☐ Cover dough with a damp cloth, and place in refrigerator. Punch down occasionally as dough rises. You can leave dough in refrigerator overnight.
- ☐ Two hours before baking, shape the dough into rolls.
- ☐ Place on greased pans, baking trays or muffin pans.
- ☐ Let rise 2 hours.
- ☐ Bake at 400 degrees F (205 degrees C) for 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:3.02, Glycemic Load:10.8, Inflammation Score:-2, Nutrition Score:2.7556521743536%

Nutrients (% of daily need)

Calories: 81.33kcal (4.07%), Fat: 1.35g (2.08%), Saturated Fat: 0.32g (2.03%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 14.58g (5.3%), Sugar: 2.13g (2.36%), Cholesterol: 3.41mg (1.14%), Sodium: 99.24mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin B1: 0.17mg (11.04%), Folate: 38.23µg (9.56%), Selenium: 6.06µg (8.65%), Vitamin B2: 0.1mg (5.87%), Manganese: 0.12mg (5.85%), Vitamin B3: 1.12mg (5.59%), Iron: 0.81mg (4.5%), Phosphorus: 21.95mg (2.2%), Fiber: 0.54g (2.14%), Copper: 0.03mg (1.41%), Vitamin B5: 0.13mg (1.35%), Zinc: 0.15mg (1.03%), Magnesium: 4.09mg (1.02%)