

Old Plantation Rolls

READY IN



180 min.

SERVINGS



24

CALORIES



160 kcal

BREAD

Ingredients

- ☐ 2 teaspoons active yeast dry
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 eggs
- ☐ 5.5 cups flour all-purpose divided
- ☐ 1 cup milk
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup shortening
- ☐ 1 cup water cold

☐ 0.3 cup sugar white

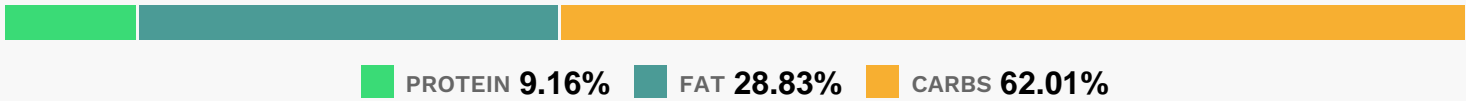
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Warm the milk in a small saucepan until it bubbles, then remove from heat.
- ☐ Mix in the shortening and sugar; stir until melted.
- ☐ Add cold water and let cool until lukewarm.
- ☐ Pour milk into a large bowl.
- ☐ Add egg and yeast; mix well. Beat in 3 cups of flour and let stand for 20 minutes.
- ☐ Sift in baking powder, baking soda, salt and 1 cup flour. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- ☐ Divide the dough into twelve equal pieces. Divide each piece in half and form into 24 rolls.
- ☐ Place the rounds in a lightly greased 9x13 inch baking pans or on lightly greased baking sheets. Cover the rolls with a damp cloth and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake in preheated oven for 15 to 20 minutes, until golden.

Nutrition Facts



Properties

Glycemic Index:11.46, Glycemic Load:17.49, Inflammation Score:-2, Nutrition Score:4.9508695239606%

Nutrients (% of daily need)

Calories: 159.7kcal (7.98%), Fat: 5.08g (7.81%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 23.73g (8.63%), Sugar: 2.65g (2.95%), Cholesterol: 8.04mg (2.68%), Sodium: 193.67mg (8.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Vitamin B1: 0.26mg (17.38%), Selenium: 10.5µg (15%), Folate: 59.35µg (14.84%), Vitamin B2: 0.17mg (10.28%), Manganese: 0.2mg (9.88%), Vitamin B3: 1.81mg (9.04%), Iron: 1.39mg (7.73%), Phosphorus: 50.14mg (5.01%), Fiber: 0.84g (3.37%), Calcium: 28.15mg (2.81%), Vitamin B5: 0.26mg (2.56%), Vitamin K: 2.4µg (2.28%), Copper: 0.05mg (2.28%), Vitamin E: 0.3mg (2.02%), Magnesium: 8.03mg (2.01%), Zinc: 0.29mg (1.92%), Potassium: 51.01mg (1.46%), Vitamin B6: 0.03mg (1.29%), Vitamin B12: 0.07µg (1.19%)