

Parker House Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



135 kcal

BREAD

Ingredients

- 2.5 teaspoons yeast dry
- 2 cups bread flour
- 1.5 cups flour all-purpose
- 1.5 teaspoons salt
- 3 tablespoons sugar
- 1 stick butter unsalted
- 3 tablespoons water (105-110°F)
- 1 cup milk whole

Equipment

- bowl
- frying pan
- sauce pan
- oven
- plastic wrap
- baking pan
- wooden spoon
- aluminum foil
- chopsticks

Directions

- Stir together warm water, 1 tablespoon sugar, and yeast in a small bowl and let stand until foamy, about 5 minutes.
- Melt 3/4 stick butter in a small saucepan.
- Add milk and heat to lukewarm. Stir together yeast mixture, remaining 2 tablespoons sugar, butter mixture, bread flour, and salt in a bowl with a wooden spoon until combined well, then stir in enough all-purpose flour to make a slightly sticky dough that forms a ball.
- Butter a large bowl. Knead dough on a lightly floured surface, kneading in more all-purpose flour if dough is too sticky, 10 minutes, or until smooth and elastic but still slightly sticky. Form into a ball and put in buttered bowl. Turn to coat with butter, then let rise in bowl, covered with plastic wrap, in a warm place 1 hour, or until doubled in bulk.
- Butter a 13- by 9-inch baking pan. Divide dough into 20 equal pieces and roll into balls. Arrange evenly in 4 rows of 5 in pan and let rise, covered loosely, in a warm place 45 minutes, or until almost doubled in bulk. Make a deep crease down center of each row of rolls using length of a floured chopstick or side of a ruler.
- Let rolls rise, covered loosely, 15 minutes.
- Preheat oven to 375°F.
- Melt remaining 2 tablespoons butter and cool slightly.
- Brush tops of rolls with butter and bake in middle of oven until golden, 20 to 25 minutes.

- Let rolls cool in pan on a rack 5 minutes. Turn out onto rack and cool to warm.
- You can make rolls 1 day ahead and keep, wrapped well in foil, at room temperature. Reheat in foil in a preheated 375°F oven 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:12.52, Inflammation Score:-2, Nutrition Score:3.2834782639275%

Nutrients (% of daily need)

Calories: 135.27kcal (6.76%), Fat: 5.31g (8.17%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 18.75g (6.25%), Net Carbohydrates: 18.09g (6.58%), Sugar: 2.45g (2.72%), Cholesterol: 13.61mg (4.54%), Sodium: 180.43mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Selenium: 8.47µg (12.1%), Vitamin B1: 0.13mg (8.9%), Manganese: 0.17mg (8.27%), Folate: 30.55µg (7.64%), Vitamin B2: 0.09mg (5.2%), Vitamin B3: 0.85mg (4.25%), Phosphorus: 38.41mg (3.84%), Vitamin A: 161.21IU (3.22%), Iron: 0.56mg (3.11%), Fiber: 0.66g (2.63%), Calcium: 19.95mg (2%), Vitamin B5: 0.2mg (2%), Copper: 0.04mg (1.98%), Magnesium: 7mg (1.75%), Zinc: 0.26mg (1.72%), Vitamin D: 0.22µg (1.46%), Potassium: 45.97mg (1.31%), Vitamin E: 0.19mg (1.29%), Vitamin B12: 0.08µg (1.26%), Vitamin B6: 0.02mg (1.11%)