



Parker House Rolls

 Vegetarian

READY IN



165 min.

SERVINGS



24

CALORIES



183 kcal

BREAD

Ingredients

- 1 package active yeast dry
- 3 large eggs lightly beaten
- 6 cups flour all-purpose
- 1.5 cups milk
- 1.5 teaspoons salt
- 0.5 cup sugar
- 1 stick butter unsalted plus more for brushing cut into pieces,
- 0.5 cup warm water

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- blender

Directions

- Watch how to make this recipe.
- Place milk in a small saucepan and bring to a simmer.
- Remove from the heat, stir in the butter and sugar and let cool. Dissolve yeast in warm water and let sit until foamy.
- Combine milk mixture, eggs, yeast, salt, and 1/2 of the flour in a mixer with the dough attachment and mix until smooth.
- Add the remaining flour, 1/2 cup at a time, and stir until a smooth ball forms.
- Remove from the bowl and knead by hand on a floured surface for about 5 minutes.
- Place in greased bowl, cover, and let rise in a warm place until doubled in bulk, about 60 to 70 minutes. On a floured surface, punch down the dough and shape into desired shapes.
- Place on a parchment paper-lined baking sheet. Cover again and let rise until doubled, about 30 to 40 minutes.
- Preheat the oven 350 degrees F.
- Bake for about 20 minutes or until golden brown.
- Remove from the oven and brush with melted butter before serving.

Nutrition Facts



PROTEIN 10.31% FAT 26.01% CARBS 63.68%

Properties

Glycemic Index:7.63, Glycemic Load:20.43, Inflammation Score:-3, Nutrition Score:5.8626087113567%

Nutrients (% of daily need)

Calories: 182.59kcal (9.13%), Fat: 5.24g (8.07%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 27.95g (10.17%), Sugar: 5g (5.56%), Cholesterol: 35.2mg (11.73%), Sodium: 161.59mg (7.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.35%), Vitamin B1: 0.29mg (19.24%), Selenium: 12.9µg (18.43%), Folate: 67.09µg (16.77%), Vitamin B2: 0.22mg (12.83%), Manganese: 0.22mg (10.86%), Vitamin B3: 1.98mg (9.92%), Iron: 1.57mg (8.72%), Phosphorus: 64.52mg (6.45%), Fiber: 0.92g (3.69%), Vitamin A: 176.12IU (3.52%), Vitamin B5: 0.33mg (3.34%), Calcium: 28.44mg (2.84%), Copper: 0.05mg (2.64%), Zinc: 0.39mg (2.6%), Magnesium: 9.76mg (2.44%), Vitamin B12: 0.15µg (2.44%), Vitamin D: 0.36µg (2.42%), Potassium: 68.97mg (1.97%), Vitamin B6: 0.04mg (1.91%), Vitamin E: 0.2mg (1.34%)