



Parker House Rolls

 Dairy Free

READY IN



67 min.

SERVINGS



42

CALORIES



116 kcal

BREAD

Ingredients

- ☐ 2 packages active yeast dry
- ☐ 1 large eggs
- ☐ 6 cups flour all-purpose
- ☐ 1 cup butter softened 2 sticks
- ☐ 2 teaspoons salt
- ☐ 0.5 cup sugar

Equipment

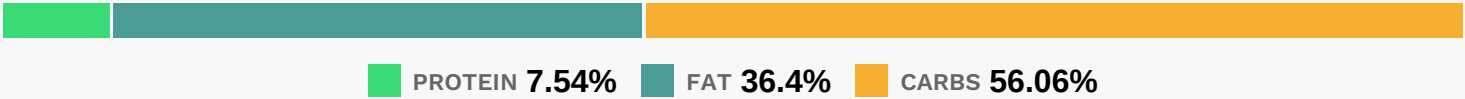
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large bowl, combine 2 1/4 cups flour, sugar, salt, and yeast; add 1/2 cup margarine or butter (1 stick). With mixer at low speed, gradually pour 2 cups hot tap water (120 degrees F to 130 degrees F.) into dry ingredients.
- ☐ Add egg; increase speed to medium; beat 2 minutes, scraping bowl with rubber spatula. Beat in 3/4 cup flour or enough to make a thick batter; continue beating 2 minutes, occasionally scraping bowl. With spoon, stir in enough additional flour (about 2 1/2 cups) to make a soft dough.
- ☐ Turn dough onto lightly floured surface and knead until smooth and elastic, about 10 minutes, working in more flour (about 1/2 cup) while kneading. Shape dough into a ball and place in greased large bowl, turning over so that top of dough is greased. Cover with towel; let rise in warm place (80 to 85 degrees F.) until doubled, about 1 1/2 hours. (Dough is doubled when 2 fingers pressed into dough leave a dent.)
- ☐ Punch down dough by pushing down the center of dough with fist, then pushing edges of dough into center. Turn dough onto lightly floured surface; knead lightly to make smooth ball, cover with bowl for 15 minutes, and let dough rest.
- ☐ Preheat oven to 400 degrees F.
- ☐ In 17 1/4-inch by 11 1/2-inch roasting pan, over low heat, melt remaining 1/2 cup margarine or butter; tilt pan to grease bottom.
- ☐ On lightly floured surface with floured rolling pin, roll dough 1/2 inch thick. With floured 2 3/4-inch round cutter, cut dough into circles. Holding dough circle by the edge, dip both sides into melted margarine or butter pan; fold in half. Arrange folded dough in rows in pans, each nearly touching the other. Cover pan with towel; let dough rise in warm place until doubled, about 40 minutes.
- ☐ Bake rolls for 15 to 18 minutes until browned.

Nutrition Facts



Properties

Glycemic Index:3.45, Glycemic Load:11.52, Inflammation Score:-3, Nutrition Score:3.1473912728707%

Nutrients (% of daily need)

Calories: 115.81kcal (5.79%), Fat: 4.67g (7.19%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 15.62g (5.68%), Sugar: 2.43g (2.7%), Cholesterol: 4.43mg (1.48%), Sodium: 163.95mg (7.13%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.18g (4.36%), Vitamin B1: 0.18mg (11.86%), Folate: 41.09µg (10.27%), Selenium: 6.46µg (9.23%), Vitamin B2: 0.11mg (6.44%), Manganese: 0.12mg (6.18%), Vitamin B3: 1.19mg (5.95%), Iron: 0.86mg (4.77%), Vitamin A: 199.76IU (4%), Phosphorus: 25.01mg (2.5%), Fiber: 0.57g (2.29%), Vitamin B5: 0.15mg (1.46%), Copper: 0.03mg (1.41%), Vitamin E: 0.19mg (1.27%), Zinc: 0.17mg (1.12%), Magnesium: 4.42mg (1.1%)