



## Parker House Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



94 kcal

BREAD

### Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 30 servings butter melted
- ☐ 3.3 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons water (105° to 115°F)

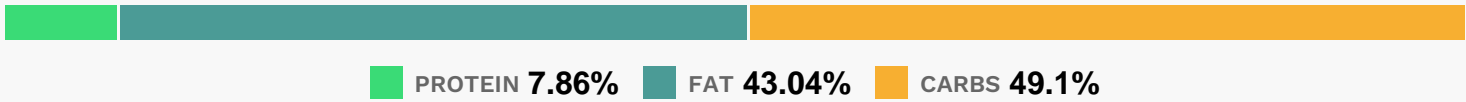
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wooden spoon

## Directions

- ☐ Heat milk until warm (105°to 115°F).
- ☐ Add and stir butter, sugar, and salt until the sugar is dissolved.
- ☐ Combine water and yeast in a large bowl and let stand until the yeast is dissolved, about 5 minutes.
- ☐ When the milk mixture has cooled to lukewarm, stir it into the yeast. Beat in egg, if desired.
- ☐ Have the flour ready. Stir in part of the flour, then knead in the rest, using only enough to form a dough that can be handled easily.
- ☐ Place in an oiled bowl.
- ☐ Brush the top with melted butter.
- ☐ Cover and let the dough rise in a warm place until doubled in bulk.
- ☐ Roll the dough out into a 30-inch-long log and cut into 1-inch pieces.
- ☐ Roll each piece into a ball and flatten into a 2-inch round. Dip the handle of a knife or wooden spoon in flour and use it to make a deep crease across the middle of each roll. Fold the rolls over on the crease and press the edges together lightly.
- ☐ Place about 2 inches apart in rows on greased baking sheets.
- ☐ Let rise in a warm place until light, about 35 minutes. Preheat the oven to 425°F.
- ☐ Bake until golden brown, about 15 minutes.
- ☐ Remove to a rack to cool.
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# Nutrition Facts



## Properties

Glycemic Index:7.77, Glycemic Load:8.09, Inflammation Score:-2, Nutrition Score:2.5973913267903%

## Nutrients (% of daily need)

Calories: 93.58kcal (4.68%), Fat: 4.47g (6.88%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 11.04g (4.01%), Sugar: 0.83g (0.92%), Cholesterol: 11.73mg (3.91%), Sodium: 93.83mg (4.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin B1: 0.14mg (9.3%), Folate: 31.03µg (7.76%), Selenium: 4.93µg (7.05%), Vitamin B2: 0.09mg (5.35%), Manganese: 0.1mg (4.8%), Vitamin B3: 0.92mg (4.62%), Iron: 0.65mg (3.62%), Vitamin A: 138.13IU (2.76%), Phosphorus: 25.9mg (2.59%), Fiber: 0.44g (1.75%), Calcium: 13.43mg (1.34%), Vitamin B5: 0.13mg (1.28%), Magnesium: 4.27mg (1.07%), Copper: 0.02mg (1.07%), Zinc: 0.15mg (1.03%)