



Pillow-Soft Dinner Rolls

READY IN



50 min.

SERVINGS



24

CALORIES



187 kcal

BREAD

Ingredients

- 4.5 teaspoons yeast dry
- 0.5 cup water (110° to 115°)
- 2 cups milk 2% (110° to 115°)
- 6 tablespoons shortening
- 2 large eggs room temperature
- 0.3 cup sugar
- 1.5 teaspoons salt
- 7 cups flour all-purpose

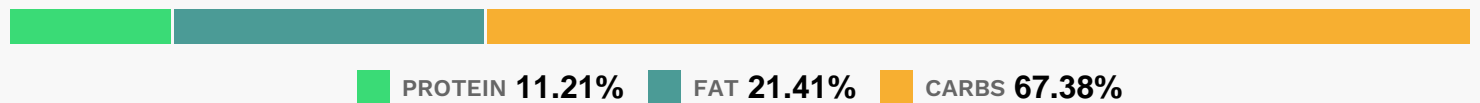
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, dissolve yeast in warm water.
- Add the milk, shortening, eggs, sugar, salt and 3 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes (dough will be sticky).
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down. Turn onto a lightly floured surface; divide into 24 pieces. Shape each into a roll.
- Place 2 in. apart on greased baking sheets. Cover and let rise until doubled, about 30 minutes.
- Bake at 350° for 20–25 minutes or until golden brown.
- Remove to wire racks.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:21.58, Inflammation Score:-3, Nutrition Score:6.6982609080556%

Nutrients (% of daily need)

Calories: 186.7kcal (9.34%), Fat: 4.39g (6.76%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 29.97g (10.9%), Sugar: 3.19g (3.54%), Cholesterol: 17.07mg (5.69%), Sodium: 161.92mg (7.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.35%), Vitamin B1: 0.36mg (24.02%), Folate: 83.31µg (20.83%), Selenium: 14.19µg (20.27%), Vitamin B2: 0.26mg (15.25%), Manganese: 0.25mg (12.74%), Vitamin B3: 2.41mg (12.04%), Iron: 1.79mg (9.92%), Phosphorus: 69.43mg (6.94%), Fiber: 1.14g (4.57%), Vitamin B5: 0.39mg

(3.94%), Calcium: 31.87mg (3.19%), Copper: 0.06mg (3.01%), Zinc: 0.45mg (3%), Magnesium: 11.05mg (2.76%),
Vitamin B12: 0.14µg (2.36%), Potassium: 77.94mg (2.23%), Vitamin B6: 0.04mg (1.97%), Vitamin K: 1.87µg (1.78%),
Vitamin E: 0.27mg (1.78%)