



Potato Icebox Rolls

READY IN



45 min.

SERVINGS



100

CALORIES



52 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1 cup baking potato cooked mashed
- ☐ 2 large eggs
- ☐ 5 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 1.5 teaspoons salt
- ☐ 0.7 cup shortening
- ☐ 0.5 cup stick margarine melted
- ☐ 0.5 cup sugar divided

- ☐ 0.3 cup warm water (100° to 110°)

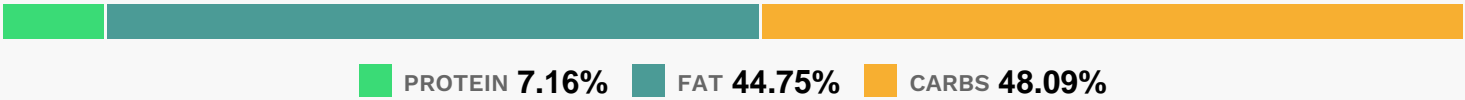
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ hand mixer
- ☐ measuring cup

Directions

- ☐ Stir together yeast, 1 teaspoon sugar, and 1/3 cup warm water in a 1-cup glass measuring cup; let mixture stand 5 minutes.
- ☐ Heat milk, shortening, remaining sugar, and salt in a small saucepan over medium heat. (Do not boil.)
- ☐ Place mashed potato in a large mixing bowl.
- ☐ Pour hot milk mixture over potato, and let cool. Beat in eggs at medium speed with an electric mixer.
- ☐ Add yeast mixture. Gradually add flour, stirring until a soft dough forms.
- ☐ Turn dough out onto a well-floured surface, and knead until smooth and elastic (about 5 minutes).
- ☐ Place in a well-greased bowl, turning to grease top. Cover and chill 8 hours.
- ☐ Roll dough to 1/4-inch thickness on a floured surface, and cut with a floured 1 1/2-inch round cutter, adding flour as needed.
- ☐ Brush rolls with melted butter; make a crease across each roll with a knife, and fold in half.
- ☐ Place in lightly greased cakepan. Cover and let rise in a warm place (85), free from drafts, 2 hours or until doubled in bulk.
- ☐ Bake at 375 for 15 to 18 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:2.68, Glycemic Load:4.41, Inflammation Score:-1, Nutrition Score:1.2782608575147%

Nutrients (% of daily need)

Calories: 51.5kcal (2.57%), Fat: 2.56g (3.94%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 5.99g (2.18%), Sugar: 1.15g (1.27%), Cholesterol: 4.01mg (1.34%), Sodium: 48.72mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.85%), Vitamin B1: 0.06mg (4.02%), Selenium: 2.49µg (3.56%), Folate: 13.79µg (3.45%), Vitamin B2: 0.04mg (2.52%), Manganese: 0.05mg (2.29%), Vitamin B3: 0.42mg (2.08%), Iron: 0.32mg (1.8%), Phosphorus: 12.74mg (1.27%), Vitamin A: 51.68IU (1.03%)