

Quick Yeast Rolls

 Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



184 kcal

BREAD

Ingredients

- 0.3 ounce active yeast dry
- 1 eggs beaten
- 2.3 cups flour all-purpose
- 1 teaspoon salt
- 2 tablespoons shortening
- 1 cup water hot
- 3 tablespoons sugar white

Equipment

- bowl
- oven
- knife
- muffin liners

Directions

- Preheat oven to 425 degrees F (220 degrees C). Grease 8 muffin cups.
- In a large bowl, mix the shortening, sugar, and hot water. Allow to cool until lukewarm, and mix in the yeast until dissolved.
- Mix in the egg, salt, and flour. Allow the dough to rise until doubled in size.
- Divide the dough into the prepared muffin cups, and allow to rise again until doubled in size.
- Bake for 10 minutes in the preheated oven, or until a knife inserted in the center of a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:22.55, Inflammation Score:-3, Nutrition Score:6.383043449858%

Nutrients (% of daily need)

Calories: 184.33kcal (9.22%), Fat: 4.15g (6.38%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 31.71g (10.57%), Net Carbohydrates: 30.53g (11.1%), Sugar: 4.61g (5.12%), Cholesterol: 20.46mg (6.82%), Sodium: 301.3mg (13.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.37%), Vitamin B1: 0.38mg (25.08%), Folate: 87.65µg (21.91%), Selenium: 13.7µg (19.58%), Vitamin B2: 0.24mg (13.83%), Manganese: 0.25mg (12.25%), Vitamin B3: 2.44mg (12.18%), Iron: 1.75mg (9.74%), Phosphorus: 54.5mg (5.45%), Fiber: 1.19g (4.75%), Vitamin B5: 0.38mg (3.8%), Copper: 0.06mg (3.19%), Zinc: 0.39mg (2.61%), Magnesium: 9.18mg (2.29%), Vitamin B6: 0.04mg (1.91%), Vitamin E: 0.28mg (1.83%), Vitamin K: 1.83µg (1.74%), Potassium: 53.82mg (1.54%)