

Refrigerator Rolls

 Dairy Free

READY IN



95 min.

SERVINGS



36

CALORIES



127 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 1 eggs
- 7 cups flour all-purpose
- 1.5 teaspoons salt
- 0.5 cup shortening
- 0.5 cup sugar
- 2.5 cups water divided (110° to 115°)

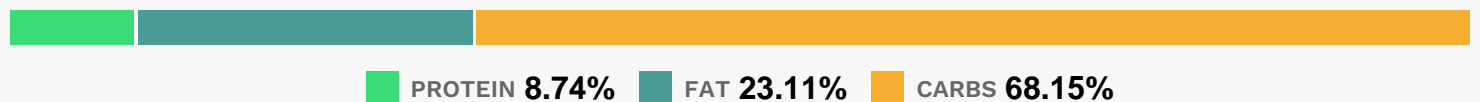
Equipment

- bowl
- baking sheet
- oven

Directions

- In a small bowl, dissolve yeast in 1/2 cup water; set aside.
- In a large bowl, cream shortening and sugar.
- Add egg, salt, 4 cups flour, yeast mixture and remaining water; beat until smooth.
- Add enough remaining water; beat until smooth.
- Add enough remaining flour to form a soft dough.
- Turn onto a floured surface and knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and refrigerate for 8 hours or overnight.
- Punch dough down and divide into thirds; shape each portion into 12 rolls in desired shape.
- Place on greased baking sheets. Cover and let rise in a warm place until doubled, about 1 hour.
- Bake at 400° for 12–14 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:15.36, Inflammation Score:-2, Nutrition Score:3.7847826131012%

Nutrients (% of daily need)

Calories: 126.72kcal (6.34%), Fat: 3.23g (4.96%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 20.69g (7.53%), Sugar: 2.84g (3.16%), Cholesterol: 4.55mg (1.52%), Sodium: 100.18mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.49%), Vitamin B1: 0.21mg (14.23%), Folate: 49.66µg (12.42%), Selenium: 8.65µg (12.35%), Manganese: 0.17mg (8.35%), Vitamin B2: 0.13mg (7.89%), Vitamin B3: 1.52mg (7.58%), Iron: 1.16mg (6.43%), Phosphorus: 29.92mg (2.99%), Fiber: 0.71g (2.84%), Copper: 0.04mg (1.98%), Vitamin B5: 0.17mg (1.71%), Vitamin K: 1.59µg (1.52%), Magnesium: 5.77mg (1.44%), Zinc: 0.2mg (1.36%), Vitamin E: 0.2mg (1.35%)