

Refrigerator Yeast Rolls

Vegetarian







Ingredients

1 package yeast o	dry
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- 6 cups bread flour divided
- 1.5 teaspoons salt
- 1.8 cups skim milk
- 0.3 cup sugar divided
- 0.3 cup vegetable oil
- 0.3 cup water (105° to 115°)

Equipment

bowl

닏	sauce pan	
Ш	oven	
	whisk	
	measuring cup	
Directions		
	Combine yeast, warm water, and 1 teaspoon sugar in a 1-cup liquid measuring cup; let stand 5 minutes.	
	Combine remaining sugar, milk, oil, and salt in a small saucepan; cook over medium heat until sugar dissolves, stirring occasionally. Cool to 11	
	Add yeast mixture to milk mixture, stirring well with a wire whisk.	
	Place 6 cups flour in a large bowl. Gradually add liquid mixture to flour, stirring to make a stiff dough.	
	Place dough in a large bowl coated with cooking spray, turning to coat top.	
	Let stand at room temperature 10 minutes. Cover and refrigerate at least 8 hours. (Dough may remain in refrigerator up to 5 days.)	
	To make rolls, sprinkle remaining 1 tablespoon flour over work surface. Punch dough down; turn out onto floured surface, and knead 2 or 3 times. Divide dough into thirds. Working with 1 portion at a time, shape dough into 12 balls.	
	Place balls in a 9-inch round cakepan coated with cooking spray. Repeat procedure with remaining portions of dough.	
	Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.	
	Bake at 400 for 10 to 12 minutes or until golden. Coat rolls lightly with cooking spray.	
Nutrition Facts		
PROTEIN 12.23% FAT 17.42% CARBS 70.35%		

Properties

Glycemic Index:4.73, Glycemic Load:10.95, Inflammation Score:-1, Nutrition Score:2.3582608907119%

Nutrients (% of daily need)

Calories: 98.62kcal (4.93%), Fat: 1.89g (2.91%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 16.6g (6.04%), Sugar: 2.05g (2.28%), Cholesterol: 0.36mg (0.12%), Sodium: 102.39mg (4.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.97%), Selenium: 8.53µg (12.19%), Manganese: 0.17mg (8.31%), Phosphorus: 34.19mg (3.42%), Vitamin B1: 0.04mg (2.98%), Folate: 11.66µg (2.92%), Vitamin K: 2.85µg (2.71%), Fiber: 0.55g (2.21%), Vitamin B2: 0.04mg (2.13%), Copper: 0.04mg (1.97%), Calcium: 19.03mg (1.9%), Magnesium: 6.76mg (1.69%), Zinc: 0.25mg (1.64%), Vitamin B5: 0.16mg (1.6%), Vitamin B3: 0.3mg (1.5%), Vitamin E: 0.21mg (1.38%), Potassium: 42.63mg (1.22%), Vitamin B12: 0.07µg (1.15%), Iron: 0.19mg (1.08%)