



Refrigerator Yeast Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



99 kcal

Ingredients

- ☐ 1 package active yeast dry
- ☐ 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 warm water (105° to 115°)

Equipment

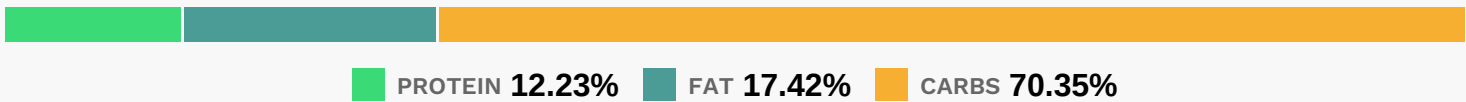
- ☐ bowl

- ☐ sauce pan
- ☐ 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



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: 0g (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%)