



School Lunchroom Cafeteria Rolls

READY IN



117 min.

SERVINGS



45

CALORIES



137 kcal

BREAD

Ingredients

- ☐ 0.8 ounce active yeast dry
- ☐ 0.3 cup butter melted
- ☐ 2 eggs
- ☐ 10 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 1 tablespoon salt
- ☐ 0.3 cup shortening
- ☐ 3 cups warm water
- ☐ 0.7 cup sugar white

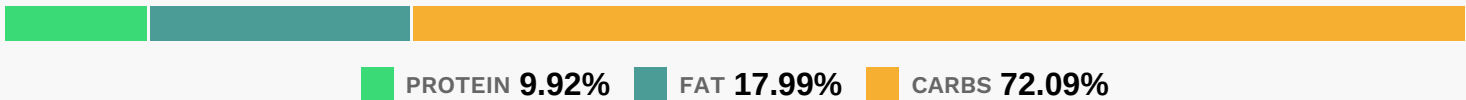
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wooden spoon

Directions

- ☐ In a large bowl, mix together the warm water and 1 tablespoon sugar.
- ☐ Sprinkle the yeast over the top, and let it stand for about 10 minutes, until the yeast is foamy.
- ☐ Mix the milk, eggs and salt into the yeast. Measure the flour into a separate bowl, add 2/3 cup sugar, and crumble the shortening into it using your fingers until it is barely noticeable. Gradually stir the flour into the wet ingredients.
- ☐ Mix using a wooden spoon until the dough pulls away from the sides of the bowl and starts to form a ball around the spoon. Cover with a hot wet towel that has been wrung out, and set in a warm place to rise until double in bulk. This should take about 45 minutes.
- ☐ When the dough has risen, pour the melted butter over it, and knead for about 2 minutes.
- ☐ Let the dough rest for a few minutes, then roll out on a lightly floured surface to 1 inch thick. Use a knife to cut into 2 inch squares.
- ☐ Roll squares into balls, and place into greased round pans, spacing about 1 inch apart.
- ☐ Let rise again until doubled in size. You could also refrigerate the dough, and let it rise overnight for baking the next day.
- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ Bake the rolls for about 12 minutes, until golden brown.

Nutrition Facts



Properties

Glycemic Index:5.18, Glycemic Load:17.43, Inflammation Score:-2, Nutrition Score:4.6221739390622%

Nutrients (% of daily need)

Calories: 136.77kcal (6.84%), Fat: 2.71g (4.17%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 24.42g (8.14%), Net Carbohydrates: 23.54g (8.56%), Sugar: 3.11g (3.45%), Cholesterol: 10.15mg (3.38%), Sodium: 168.09mg (7.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin B1: 0.27mg (18.12%), Folate: 62.85µg (15.71%), Selenium: 10.11µg (14.44%), Vitamin B2: 0.17mg (9.88%), Manganese: 0.19mg (9.6%), Vitamin B3: 1.83mg (9.17%), Iron: 1.34mg (7.43%), Phosphorus: 38.55mg (3.86%), Fiber: 0.88g (3.51%), Copper: 0.05mg (2.32%), Vitamin B5: 0.23mg (2.3%), Zinc: 0.27mg (1.77%), Magnesium: 6.95mg (1.74%), Vitamin B6: 0.02mg (1.18%), Potassium: 39.36mg (1.12%)