



Skillet Dinner Rolls

 Vegetarian

READY IN

ready

105 min.

SERVINGS

servings

12

CALORIES

calories

164 kcal

BREAD

Ingredients

- ☐ 4 tablespoons butter divided
- ☐ 2.5 cups flour all-purpose as needed
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 2 tablespoons vegetable plus! oil mazola®
- ☐ 1 cup water
- ☐ 0.5 ounce fleischmann's® rapidrise yeast

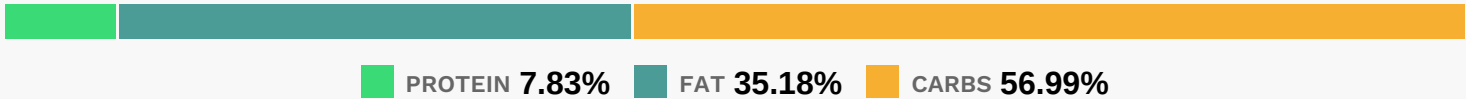
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Combine 1 cup flour, undissolved yeast, sugar and salt in a large mixer bowl.
- ☐ Heat water, oil and 2 tablespoons butter until very warm (120 to 130 degrees F).
- ☐ Add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally.
- ☐ Add 1/2 cup flour; beat 2 minutes at high speed. Stir in enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 5 to 7 minutes. Cover; let rest 10 minutes.
- ☐ Divide dough into 12 equal pieces; shape into balls.
- ☐ Place in a greased 10-inch iron skillet. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 45 minutes. Melt remaining 2 tablespoons of butter and brush over rolls.
- ☐ Bake in preheated 375 degrees F oven for 18 to 20 minutes or until lightly browned.
- ☐ Remove from pan; brush with any remaining butter, if desired.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:16.47, Inflammation Score:-3, Nutrition Score:5.1769565356814%

Nutrients (% of daily need)

Calories: 163.68kcal (8.18%), Fat: 6.41g (9.86%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 23.35g (7.78%), Net Carbohydrates: 22.33g (8.12%), Sugar: 3.07g (3.41%), Cholesterol: 10.03mg (3.34%), Sodium: 177.49mg (7.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Vitamin B1: 0.33mg (22.31%), Folate: 75.44µg (18.86%), Selenium: 8.99µg (12.84%), Vitamin B2: 0.18mg (10.47%), Vitamin B3: 2.01mg (10.07%), Manganese:

0.18mg (9.09%), Iron: 1.24mg (6.88%), Vitamin K: 4.58µg (4.36%), Fiber: 1.02g (4.08%), Phosphorus: 36.77mg (3.68%), Vitamin B5: 0.28mg (2.79%), Vitamin A: 116.62IU (2.33%), Copper: 0.05mg (2.31%), Vitamin E: 0.31mg (2.06%), Zinc: 0.28mg (1.89%), Magnesium: 6.66mg (1.67%), Vitamin B6: 0.03mg (1.47%), Potassium: 40.36mg (1.15%)