



Sour Cream Pocketbook Rolls

 Vegetarian

READY IN



572 min.

SERVINGS



1

CALORIES



4064 kcal

BREAD

Ingredients

- ☐ 0.5 oz active yeast dry
- ☐ 0.3 cup butter divided melted
- ☐ 0.5 cup butter
- ☐ 2 large eggs lightly beaten
- ☐ 4 cups flour all-purpose
- ☐ 1.3 teaspoons salt
- ☐ 8 oz cup heavy whipping cream sour
- ☐ 0.5 cup sugar

- ☐ 0.5 cup warm water (105° to 110°)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Cook first 4 ingredients in a saucepan over medium-low heat, stirring occasionally, 3 to 4 minutes or until butter melts.
- ☐ Let cool to 11
- ☐ Combine yeast and warm water in a liquid measuring cup; let stand 5 minutes. Stir together eggs, flour, yeast mixture, and sour cream mixture in a large bowl until well blended. Cover and chill 8 to 24 hours.
- ☐ Divide dough into fourths, and shape each portion into a ball.
- ☐ Roll each ball to 1/4-inch thickness on a floured surface; cut dough into rounds with a 2 1/2-inch round cutter.
- ☐ Brush rounds with 2 Tbsp. melted butter. Make a crease across each round with a knife, and fold in half; gently press edges to seal.
- ☐ Place rolls, with sides touching, in a lightly greased 15- x 10-inch jelly-roll pan.
- ☐ Place any remaining rolls on a lightly greased baking sheet. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- ☐ Preheat oven to 375, and bake rolls 12 to 15 minutes or until golden brown.
- ☐ Brush rolls with remaining 2 Tbsp. melted butter.

Nutrition Facts



 PROTEIN **7.54%**  FAT **43.63%**  CARBS **48.83%**

Properties

Glycemic Index:245.09, Glycemic Load:345.9, Inflammation Score:-10, Nutrition Score:59.818695783615%

Nutrients (% of daily need)

Calories: 4063.82kcal (203.19%), Fat: 197.88g (304.43%), Saturated Fat: 114.46g (715.39%), Carbohydrates: 498.31g (166.1%), Net Carbohydrates: 481g (174.91%), Sugar: 109.36g (121.51%), Cholesterol: 871.85mg (290.62%), Sodium: 4238.01mg (184.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.96g (153.92%), Vitamin B1: 5.58mg (371.87%), Folate: 1312.4µg (328.1%), Selenium: 212.02µg (302.89%), Vitamin B2: 3.95mg (232.46%), Vitamin B3: 35.58mg (177.88%), Manganese: 3.52mg (175.93%), Iron: 25.53mg (141.81%), Vitamin A: 6207.49IU (124.15%), Phosphorus: 1041.52mg (104.15%), Fiber: 17.31g (69.25%), Vitamin B5: 6.59mg (65.86%), Copper: 0.92mg (46.14%), Zinc: 6.85mg (45.64%), Calcium: 411.53mg (41.15%), Vitamin E: 6.16mg (41.08%), Magnesium: 157mg (39.25%), Vitamin B6: 0.7mg (35.04%), Potassium: 1135.32mg (32.44%), Vitamin B12: 1.67µg (27.76%), Vitamin K: 17.18µg (16.36%), Vitamin D: 2µg (13.33%), Vitamin C: 2.08mg (2.53%)