



## Southern Butter Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



118 kcal

BREAD

### Ingredients

- 1.5 tablespoons active yeast dry
- 4.5 cups flour all-purpose
- 2.5 teaspoons salt
- 0.3 cup shortening
- 1 tablespoon vegetable oil
- 1.5 cups water cold
- 0.3 cup sugar white

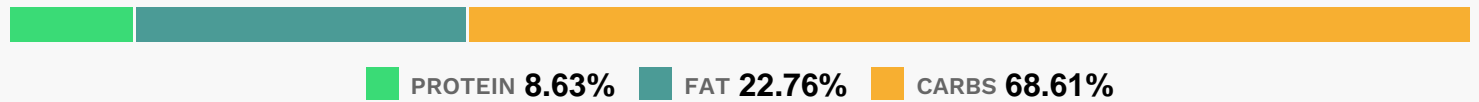
### Equipment

- bowl
- oven
- baking pan

## Directions

- Mix together flour, sugar, salt, and instant yeast.
- Mix in shortening.
- Mix in water.
- Turn out onto a lightly floured surface. Knead by hand for 20 minutes. Cover dough with oil.
- Place dough in a bowl, cover, and proof for 1 hour.
- Form rolls, and place on a greased baking tray. Proof for 45 minutes.
- Bake at 400 degrees F (205 degrees C) for 12 to 14 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.05, Glycemic Load:14.39, Inflammation Score:-2, Nutrition Score:3.6321738763996%

## Nutrients (% of daily need)

Calories: 118.03kcal (5.9%), Fat: 2.96g (4.55%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 19.36g (7.04%), Sugar: 2.14g (2.38%), Cholesterol: 0mg (0%), Sodium: 243.68mg (10.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Vitamin B1: 0.21mg (14.13%), Folate: 48.74µg (12.19%), Selenium: 7.98µg (11.4%), Manganese: 0.16mg (8.07%), Vitamin B2: 0.13mg (7.42%), Vitamin B3: 1.48mg (7.42%), Iron: 1.1mg (6.1%), Fiber: 0.7g (2.8%), Phosphorus: 26.91mg (2.69%), Vitamin K: 2.25µg (2.14%), Copper: 0.04mg (1.88%), Vitamin B5: 0.15mg (1.51%), Magnesium: 5.45mg (1.36%), Vitamin E: 0.19mg (1.28%), Zinc: 0.19mg (1.24%)