



## Super Dinner Rolls

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



261 kcal

### Ingredients

- ☐ 2 packages active yeast dry
- ☐ 1 tablespoon bread flour
- ☐ 7.3 cups bread flour divided
- ☐ 3 eggs lightly beaten
- ☐ 1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.5 cup butter unsalted
- ☐ 2 cups milk whole

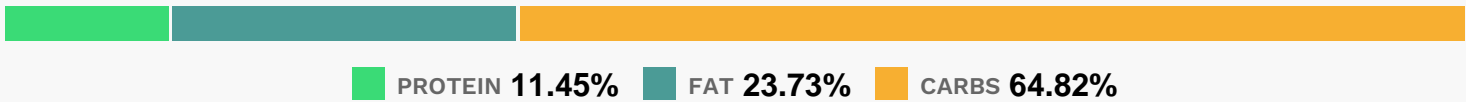
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

## Directions

- ☐ Combine 2 cups flour, sugar, salt, and yeast in a large mixing bowl; stir well.
- ☐ Combine milk and butter in a saucepan; heat until butter melts, stirring occasionally. Cool to 120 to 130
- ☐ Gradually add liquid mixture to flour mixture, beating well at low speed of an electric mixer. Beat an additional 2 minutes at medium speed.
- ☐ Add eggs and 3/4 cup flour, beating 2 minutes at medium speed. Gradually stir in enough of the remaining 4 1/2 cups flour to make a soft dough.
- ☐ Sprinkle 1 tablespoon flour evenly over work surface. Turn dough out onto floured surface, and knead until smooth and elastic (about 8 to 10 minutes).
- ☐ Place dough in a large well-greased bowl, turning to grease top. Cover and let rise in a warm place (85°), free from drafts, 45 minutes or until doubled in bulk.
- ☐ Punch dough down; divide in half. Divide each half into 11 equal portions; shape each portion into a ball.
- ☐ Place at least 1 inch apart on large greased baking sheets.
- ☐ Cover and let rise in a warm place, free from drafts, 30 minutes or until doubled in bulk.
- ☐ Bake at 325 for 18 to 20 minutes or until lightly browned.
- ☐ Remove rolls from baking sheets; let cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:12.1, Glycemic Load:27.12, Inflammation Score:-2, Nutrition Score:5.8721739675688%

Nutrients (% of daily need)

Calories: 260.76kcal (13.04%), Fat: 6.85g (10.53%), Saturated Fat: 3.69g (23.09%), Carbohydrates: 42.07g (14.02%), Net Carbohydrates: 40.78g (14.83%), Sugar: 8.83g (9.81%), Cholesterol: 39.68mg (13.23%), Sodium: 136.89mg (5.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.87%), Selenium: 20.78µg (29.68%), Manganese: 0.37mg (18.37%), Phosphorus: 87.83mg (8.78%), Folate: 34.72µg (8.68%), Vitamin B1: 0.13mg (8.67%), Vitamin B2: 0.12mg (7.21%), Fiber: 1.28g (5.14%), Vitamin B5: 0.49mg (4.93%), Copper: 0.09mg (4.63%), Vitamin A: 217.9IU (4.36%), Zinc: 0.63mg (4.23%), Calcium: 42.28mg (4.23%), Magnesium: 15.63mg (3.91%), Vitamin B3: 0.77mg (3.85%), Vitamin B12: 0.2µg (3.34%), Vitamin D: 0.49µg (3.24%), Iron: 0.55mg (3.04%), Potassium: 99.59mg (2.85%), Vitamin B6: 0.05mg (2.68%), Vitamin E: 0.4mg (2.64%)