

Yeast Hot Rolls

 Vegetarian

READY IN



80 min.

SERVINGS



42

CALORIES



88 kcal

BREAD

Ingredients

- 3 teaspoons active yeast dry
- 2 eggs
- 6.5 cups flour all-purpose
- 1.5 cups milk
- 3 tablespoons potato flakes dry
- 1 teaspoon salt
- 0.5 cup vegetable oil
- 0.5 cup warm water (110 degrees F/45 degrees C)

- 0.5 cup water boiling
- 1 teaspoon sugar white

Equipment

- bowl
- oven
- blender
- plastic wrap
- baking pan
- aluminum foil

Directions

- Pour the boiling water over the instant mashed potatoes and set aside. Scald the milk with the oil and 1/2 cup of the sugar.
- Add The 1/2 cup very warm water and the teaspoon sugar to the yeast and set aside.
- Add the potatoes to the milk mixture. Start adding the flour, then eggs, one at a time, beating with a mixer or dough hooks.
- Add yeast mixture and all but 1 cup of the remaining flour and salt.
- Use the reserved 1 cup of flour for kneading. Knead the dough for about 5 minutes on a floured board.
- Place the dough in a large greased bowl, being sure to grease top of dough also. Cover dough with plastic wrap then with a double piece of foil. Refrigerate or let rise once and make into rolls. If made at night knead down dough before going to bed.
- Once dough has risen once, punch down and shape into about 3 1/2 dozen rolls.
- Place rolls in a lightly greased baking dish and bake in a preheated 375 degrees F (190 degrees C) oven for about 15 to 20 minutes.

Nutrition Facts



PROTEIN 12.58% **FAT 12.54%** **CARBS 74.88%**

Properties

Glycemic Index:4.36, Glycemic Load:10.9, Inflammation Score:-2, Nutrition Score:3.601304360058%

Nutrients (% of daily need)

Calories: 88.06kcal (4.4%), Fat: 1.21g (1.86%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 15.58g (5.66%), Sugar: 0.61g (0.68%), Cholesterol: 8.84mg (2.95%), Sodium: 63.54mg (2.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.45%), Vitamin B1: 0.19mg (12.83%), Selenium: 7.53µg (10.75%), Folate: 42.07µg (10.52%), Vitamin B2: 0.13mg (7.48%), Manganese: 0.14mg (6.77%), Vitamin B3: 1.31mg (6.54%), Iron: 0.95mg (5.29%), Phosphorus: 36.91mg (3.69%), Fiber: 0.65g (2.61%), Vitamin B5: 0.2mg (2.01%), Copper: 0.03mg (1.65%), Magnesium: 6.43mg (1.61%), Calcium: 15.35mg (1.53%), Zinc: 0.22mg (1.49%), Potassium: 50.39mg (1.44%), Vitamin B6: 0.03mg (1.43%), Vitamin B12: 0.07µg (1.1%), Vitamin K: 1.14µg (1.08%), Vitamin C: 0.86mg (1.04%)