



Zwieback Rolls

READY IN



50 min.

SERVINGS



24

CALORIES



152 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 0.3 cup water (110° to 115°)
- 1.8 cups milk
- 0.5 cup shortening
- 0.3 cup sugar
- 2 teaspoons salt
- 5 cups flour all-purpose

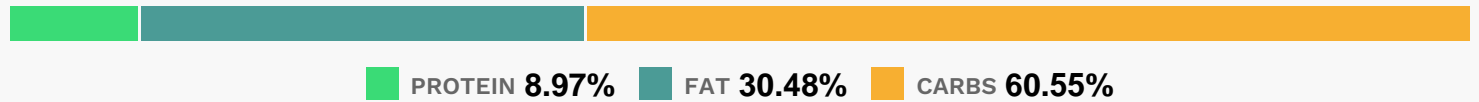
Equipment

- bowl
- baking sheet
- oven

Directions

- Dissolve yeast in warm water; set aside. In a large bowl, combine milk and shortening; stir to melt shortening. When cool, add sugar and salt. Stir in yeast mixture and 3 cups flour; beat well.
- Add enough of the remaining flour to form a soft dough. Turn out onto a lightly floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place dough in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch down dough and divide into fourths. Divide three of the pieces into eight pieces each; shape into smooth balls and place on greased baking sheets. Divide the fourth piece of dough into 24 small balls. Make an indentation in the top of each larger ball; press one small ball atop of each larger ball. Cover and let rise in a warm place until doubled, about 45 minutes.
- Bake at 375° for 20–25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:16.15, Inflammation Score:-2, Nutrition Score:4.6399999986524%

Nutrients (% of daily need)

Calories: 152.2kcal (7.61%), Fat: 5.12g (7.88%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 22.12g (8.04%), Sugar: 3.01g (3.34%), Cholesterol: 2.13mg (0.71%), Sodium: 201.54mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.79%), Vitamin B1: 0.25mg (16.52%), Folate: 54.57µg (13.64%), Selenium: 9.2µg (13.15%), Vitamin B2: 0.17mg (9.73%), Manganese: 0.18mg (8.99%), Vitamin B3: 1.67mg (8.37%), Iron: 1.22mg (6.78%), Phosphorus: 47.98mg (4.8%), Fiber: 0.78g (3.13%), Calcium: 26.14mg (2.61%), Vitamin B5: 0.25mg (2.49%), Vitamin K: 2.4µg (2.29%), Magnesium: 8.05mg (2.01%), Copper: 0.04mg (1.98%), Vitamin E: 0.29mg (1.91%), Zinc: 0.28mg (1.86%), Potassium: 57.45mg (1.64%), Vitamin B12: 0.1µg (1.6%), Vitamin B6: 0.03mg (1.34%), Vitamin D: 0.2µg (1.3%)