



# Whole Wheat Dinner Roll



## Ingredients



Recipe From JandyL

- 2 cups of the flour (Wheat Dinner Roll flour)
- 2 packages of Fleischmann's Dry Yeast or 3 Tbls.
- ¾ cup of water

Serving Size: 1 Roll



## Directions



- Combine the wheat flour with the yeast in a large bowl.
- Add the water and mix until all is incorporated.
- Knead on lightly floured surface until smooth and elastic.
- Cover and let rest for about 20-30 minutes
- Divide into 12 equal pieces and shape into balls.
- Place on a greased pan, cover and let rise for about 20-30 minutes.
- Bake at 375 for 15-20 minutes

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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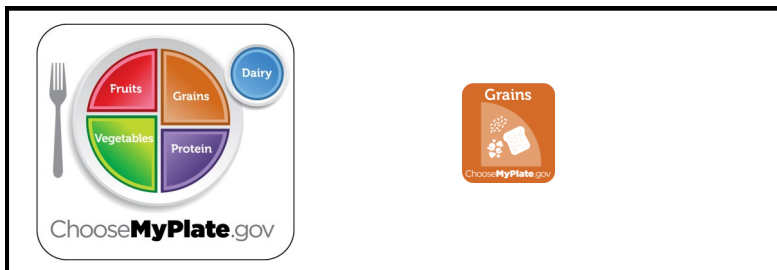
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- .If leftover rolls get stale, cut into cubes and make croutons!
- Instead of butter, try spreading with olive oil and a sprinkle of salt or pepper

## Nutrition Facts



Whole Wheat Dinner Rolls		
<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 × 12 Serving</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>72.9</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	0.6 g	1 %
Saturated Fat	0.1 g	1 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	3.9 mg	0 %
<b>Total Carbohydrate</b>	15 g	5 %
Dietary Fiber	2.5 g	9 %
Total Sugars	0.1 g	
Added Sugars	0 g	0 %
<b>Protein</b>	3.2 g	
Vitamin D	0 mcg	0 %
Calcium	7.8 mg	1 %
Iron	0.8 mg	4 %
Potassium	90.7 mg	2 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		

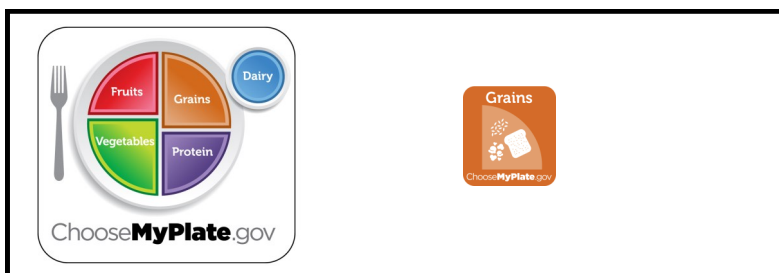
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