

Whole Wheat Dinner Roll



Recipe From Jandyl

Ingredients

- 2 cups of the flour (Wheat Dinner Roll flour)
- 2 packages of Fleischmann's Dry Yeast or 3 Tbls.
- ³⁄₄ 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

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	Fast Facts			
Featured Food Groups	2	Nutrition	Facts	
		Whole Wheat Dinner Rolls		
Fruits Crains Dairy	Grains	Nutrition Facts		
		Serving Size	1 × 12 S	
Vegetables Protein		Amount Per Serving		
	ChooseMyPlate gov	Calories	7	
Chaosa My Diate day		2	% Dai	
Choose MyPlate .gov		Total Fat	0.6 g	
		Saturated Fat	0.1 g	
		Trans Fat	0 g	
		Cholesterol	0 mg	
Cooking Tips 🗁 🚘		Sodium	3.9 mg	
		Total Carbohydrate	15 g	
		Dietary Fiber	2.5 g	
• If lefterrer cells get stals	aubas and males aroutanal	Total Sugars	0.1 g	
• .If leftover rolls get stale, cut into	cubes and make croutons!	Added Sugars	0 g	
		Protein	3.2 g	
• Instead of butter, try spreading wi	ith olive oil and a sprinkle of	Vitamin D	0 mcg	

	11010
er, try spreading with olive oil and a sprinkle of	Vitam
, , 1 0 1	Calciu
	Iron
	Potas
	* The
	servin

salt or pepper

Dinner Rolls acts 1 × 12 Serving 72.9 % Daily Value* 0.6 g 1 % 0.1 g 0 g 1% 0 % 0 % 5 % 9 % 0 mg 3.9 mg 15 g 2.5 g 0.1 g 0 % 0 g 3.2 g 0 mcg 0% 7.8 mg ium 1% 4 % 2 %
 Iron
 Usering

 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 cronometer.com 0

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Featured Food Groups	Nutrition	Facts	THE KITCHEN 22 HARVEST
Pruits Crains Vegetables Protein	Whole Wheat Dinner Rolls Nutrition Facts Serving Size 1 × 12 Serving Amount Per Serving		
Choose MyPlate.gov	Calories		72.9 ily Value* 1 % 1 %
Cooking Tips 🚬	Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars	0 mg 3.9 mg 15 g 2.5 g 0.1 g	0 % 0 % 5 % 9 %
 .If leftover rolls get stale, cut into cubes and make croutons! Instead of butter, try spreading with olive oil and a sprinkle of	Added Sugars Protein Vitamin D	0 g 3.2 g 0 mcg	0%
salt or pepper	Calcium Iron Potassium	7.8 mg 0.8 mg 90.7 mg	1 % 4 % 2 %
	* The % Daily Value (DV) tells yo serving of food contributes to a c is used for general nutrition advi Full Info at cron	daily diet. 2,000 calo ce.	rient in a ories a day

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