

Lion House Rolls Mix #2 400-4004

12/19/2011

Nutrition Facts	
Serving Size (57g) Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 40g	13%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%
Thiamin 15%	• Riboflavin 10%
Niacin 10%	• Folate 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soy Flour, Sugar, Whey (a milk derivative), Salt, Calcium Sulfate, Dough Conditioner (Whey, L-cysteine Hydrochloride).

Contains Milk, Soy, Wheat.

NET WEIGHT: 18 Oz. (510 g)

Servings per Container: About 9

DIRECTIONS:

Put 1-1/4 cups warm water in a large bowl, sprinkle yeast in water and stir to dissolve. Add melted butter; egg and 1-1/2 cup of the roll mix. Beat with electric mixer on low for 2 minutes. Add 1-1/2 cup roll mix and beat for 1 minute. Stir in the remaining mix with a wooden spoon or by kneading. Knead for 2 minutes after all mix is incorporated.

Place 1 tsp oil in bowl with dough; turn dough over so it is covered with the oil. Cover lightly with plastic wrap; allow to rise 45 minutes in a warm place. Shape rolls as desired and place on a greased 9x13 pan. Cover with plastic and allow to rise 30-35 minutes or until double in size. Bake at 375 degrees for 15-18 minutes. Brush with butter after removing from the oven if desired.

SHAPING LION HOUSE ROLLS:

After allowing dough to rise until double in size, place it on a floured work space. Turn dough over so it is floured on both sides. Pat out to about 1 inch thick then roll with a rolling pin to a 12 inch long by 8 inch wide rectangle. Dough should be about 1/4 inch thick. Brush with melted butter and cut in two strips that are about 4 inches wide. Cut strips of dough every 2 inches making about 12 strips. Starting with the short end roll each piece up so the butter is in the inside. Place on a greased or parchment lined 9x13 pan. Allow to rise until double in size. Bake in a 375-degree oven for 14-16 minutes or until they are golden brown. Brush with butter as soon as they come out of the oven.