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Cornmeal Rolls

Ingredients:

- 3½ cups flour
- ¼ cup sugar
- 1½ teaspoons salt
- 1 package active dry yeast
- 1 cup 1% milk
- ¼ cup shortening
- 1 egg
- ¾ cup cornmeal
- vegetable oil spray

Makes 24 servings - 20% calories from fat

Instructions:

1. Mix half the flour with the sugar, salt, and yeast in a large bowl. Set aside.
2. Heat milk and shortening in a pan until just warm. Add milk mixture to flour mixture. Mix until smooth.
3. Add egg. Beat well. Mix in rest of flour and cornmeal. Knead dough about 300 times or about 10 minutes.
4. Put dough in a bowl prepared with vegetable oil spray. Cover, and let rise in a warm place about 1½ hours, until doubled in size. 5. Punch dough down in bowl to remove air bubbles. Divide dough and cut into 24 pieces and roll into balls. Place 1 inch apart on a baking sheet prepared with vegetable oil spray.
6. Cover loosely with wax paper that has been sprayed with vegetable oil spray. Let rise 1 hour.
7. Bake at 375° F about 15 minutes until lightly browned.

Nutrition Facts

Serving Size 1 roll
Servings Per Container 24

Amount Per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 160mg	7%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

*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



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