

DINNER ROLLS (SOFT AND SQUISHY)



4.47 from 60 votes

Prep Time	Cook Time	Total Time
2 hrs	16 mins	2 hrs 16 mins

Course: Side Dish    Cuisine: American

Keyword: bread recipes, dinner rolls, dinner rolls recipe, soft roll recipe    Servings: 12

Calories: 192kcal

INGREDIENTS

- 1½ cups milk warm (110°F ideal)
- 3 tablespoons sugar
- 1 tablespoon active dry yeast
- 3¾ cups all-purpose flour
- 1 tablespoon butter (unsalted), melted
- 1 tablespoon vegetable oil
- 1 teaspoon salt
- Irish salted butter for brushing soft

DIRECTIONS

- 1    Add the first 3 ingredients to a Kitchen Aid bowl and let sit for a few minutes to activate yeast. Add the remaining ingredients and mix with the hook attachment on low speed until combined. Increase speed to medium, and mix for 2 minutes to develop gluten.
- 2    Transfer dough to an oiled stainless-steel bowl. Cover the bowl with a dish towel, and let the dough rise until doubled in size in a warm place, about 30 minutes.
- 3    Grease a 9"x13" glass baking dish; set aside.
- 4    After dough has risen, punch it down and weigh out twelve (2.75-ounce) pieces. Roll each piece into a tight ball, and place them in the prepared baking dish. Arrange the balls 4 lengthwise and 3 across, leaving equal space between each.
- 5    Cover the pan with a dish towel and let rise again in a warm place until doubled, 30 to 60 minutes.

- 6 Preheat the oven to 375°F and adjust the rack to a lower third position.
- 7 Bake rolls in the preheated oven for 8 minutes. Rotate the dish and continue baking until golden brown on top, about 8 minutes more. Remove from the oven and brush with butter.

## NUTRITION

Calories: 192kcal | Carbohydrates: 34g | Protein: 5g | Fat: 3g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Trans Fat: 0.05g | Cholesterol: 6mg | Sodium: 206mg | Potassium: 91mg | Fiber: 1g | Sugar: 5g | Vitamin A: 79IU | Vitamin C: 0.001mg | Calcium: 44mg | Iron: 2mg