



Bacon and Caramelized Onion Rolls

READY IN

ready

170 min.

SERVINGS

servings

12

CALORIES

calories

306 kcal

BREAD

Ingredients

- ☐ 1 envelope fleischmann's® active yeast dry
- ☐ 12 ounces bacon
- ☐ 3 tablespoons butter melted
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2.3 cups flour all-purpose as needed
- ☐ 1 large onion thinly sliced
- ☐ 0.3 cup port wine
- ☐ 1 teaspoon salt
- ☐ 1 cup cheddar cheese smoked shredded

- ☐ 1 tablespoon sugar
- ☐ 1 cup warm water 100 to 110 degrees F

Equipment

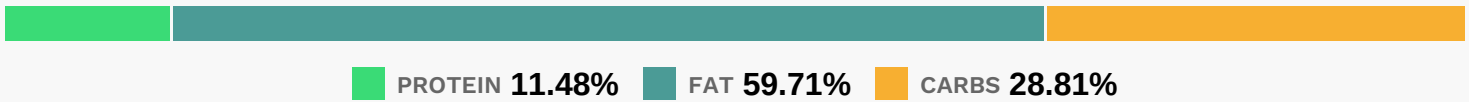
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ muffin tray

Directions

- ☐ Combine water, yeast and sugar in a large mixer bowl.
- ☐ Let stand 5 minutes, until foamy.
- ☐ Add salt, oil and 1 cup flour; beat for 2 minutes at medium speed.
- ☐ Add enough remaining flour to make a soft dough.
- ☐ Knead dough on lightly floured surface for 6 to 8 minutes, until smooth and elastic.
- ☐ Place dough in a well greased bowl, turning once to coat. Cover and let rise in a warm, draft-free place until doubled, about 1 hour.
- ☐ While dough is rising, cook bacon in large skillet until just browned but not crispy.
- ☐ Drain well and crumble or chop into small pieces. Reserve 2 tablespoons bacon drippings in skillet.
- ☐ Add onion and cook over medium heat for 15 to 20 minutes or until onions are lightly caramelized.
- ☐ Add Port wine and cook until very little liquid remains. Set aside to cool.
- ☐ Punch dough down.
- ☐ Roll into a 15 x 10-inch rectangle.
- ☐ Spread onions over dough and then sprinkle with bacon and cheese.
- ☐ Roll dough up from long side, jelly roll style. Pinch seams to seal.

- ☐ Cut into 12 equal slices.
- ☐ Place each slice in a greased muffin pan, cut side up.
- ☐ Brush with butter. Cover and let rise in a warm, draft free place until nearly doubled, about 30 minutes.
- ☐ Bake in preheated 375 degrees F oven for 20 to 25 minutes, until golden.
- ☐ Remove to wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:16.59, Glycemic Load:13.96, Inflammation Score:-4, Nutrition Score:7.399130391038%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 4.74mg, Malvidin: 4.74mg, Malvidin: 4.74mg, Malvidin: 4.74mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 306.49kcal (15.32%), Fat: 19.89g (30.61%), Saturated Fat: 6.53g (40.82%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 20.6g (7.49%), Sugar: 2.01g (2.23%), Cholesterol: 28.13mg (9.38%), Sodium: 478.81mg (20.82%), Alcohol: 0.76g (100%), Alcohol %: 0.91% (100%), Protein: 8.61g (17.22%), Selenium: 16.45µg (23.5%), Vitamin B1: 0.34mg (22.41%), Folate: 60.93µg (15.23%), Vitamin B3: 2.79mg (13.95%), Vitamin B2: 0.21mg (12.32%), Phosphorus: 117.86mg (11.79%), Manganese: 0.19mg (9.42%), Calcium: 76.75mg (7.68%), Iron: 1.28mg (7.14%), Zinc: 0.92mg (6.12%), Vitamin B6: 0.12mg (5.81%), Vitamin A: 230.29IU (4.61%), Vitamin E: 0.65mg (4.36%), Vitamin B12: 0.25µg (4.09%), Fiber: 1g (4.01%), Vitamin B5: 0.4mg (3.98%), Potassium: 118.44mg (3.38%), Magnesium: 13.42mg (3.36%), Copper: 0.06mg (3.09%), Vitamin K: 1.75µg (1.67%), Vitamin D: 0.17µg (1.13%), Vitamin C: 0.93mg (1.13%)