



Bacon & Gruyère Rolls

READY IN



30 min.

SERVINGS



8

CALORIES



159 kcal

Ingredients

- ☐ 2 slices bacon uncooked finely chopped
- ☐ 13.2 ounce bread dough refrigerated french (such as Pillsbury Simply Rustic Bread)
- ☐ 0.3 cup gruyère cheese shredded

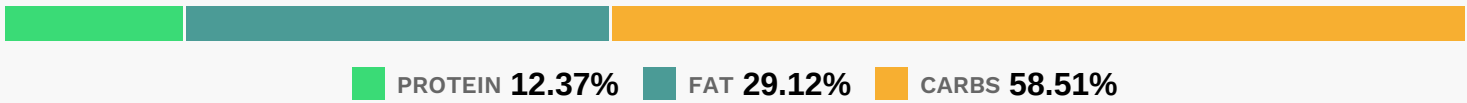
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Remove dough from package.
- ☐ Place dough on a lightly floured surface; lightly dust dough with flour.
- ☐ Cut dough in half crosswise; cut each half lengthwise into 4 strips to form 8 strips total.
Working with 1 strip at a time, stretch strip gently to extend length; tie in a knot, tucking the ends under. Arrange the knots 3 inches apart on a baking sheet lined with parchment paper.
- ☐ Sprinkle with Gruyere cheese and chopped uncooked bacon.
- ☐ Bake at 350 for 20 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0543478293263%

Nutrients (% of daily need)

Calories: 159.13kcal (7.96%), Fat: 4.89g (7.52%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 21.17g (7.7%), Sugar: 0.01g (0.02%), Cholesterol: 8.17mg (2.72%), Sodium: 285.86mg (12.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Calcium: 41.94mg (4.19%), Fiber: 0.91g (3.65%), Phosphorus: 32.88mg (3.29%), Selenium: 1.7µg (2.43%), Vitamin B12: 0.09µg (1.56%), Zinc: 0.23mg (1.51%), Vitamin B1: 0.02mg (1.18%), Vitamin B3: 0.23mg (1.13%)