



Beer-Parmesan Rolls

READY IN



45 min.

SERVINGS



20

CALORIES



113 kcal

Ingredients

- 1 cup beer
- 3 cups biscuit mix
- 3 tablespoons butter melted
- 0.5 teaspoon penzey's southwest seasoning dried italian
- 1.5 ounces parmesan cheese shredded
- 3 tablespoons sugar

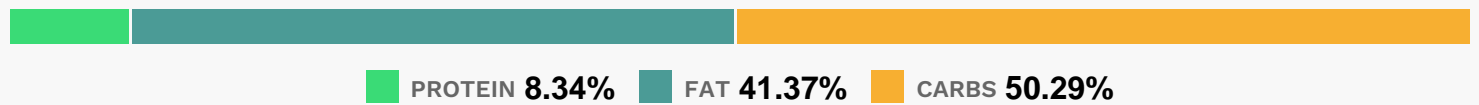
Equipment

- baking sheet
- oven

Directions

- Stir together first 6 ingredients until moistened. Drop dough by 1/4-cupfuls onto lightly greased baking sheets.
- Bake at 425 for 25 minutes or until golden.
- Brush rolls with 2 tablespoons melted butter, if desired.
- Rolls may be stored overnight in an airtight container. To reheat, brush rolls with butter and bake at 425 for 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:1.45, Inflammation Score:-2, Nutrition Score:2.8356521576643%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 112.61kcal (5.63%), Fat: 5.02g (7.72%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 13.33g (4.85%), Sugar: 3.91g (4.35%), Cholesterol: 1.81mg (0.6%), Sodium: 284.05mg (12.35%), Alcohol: 0.46g (100%), Alcohol %: 1.63% (100%), Protein: 2.28g (4.56%), Phosphorus: 122.26mg (12.23%), Vitamin B1: 0.11mg (7.01%), Calcium: 59.31mg (5.93%), Folate: 23.5µg (5.87%), Vitamin B2: 0.09mg (5.3%), Vitamin B3: 0.89mg (4.43%), Manganese: 0.07mg (3.26%), Iron: 0.54mg (2.99%), Selenium: 1.91µg (2.73%), Vitamin A: 93.29IU (1.87%), Vitamin B5: 0.18mg (1.76%), Vitamin B12: 0.1µg (1.67%), Fiber: 0.4g (1.6%), Magnesium: 6.34mg (1.59%), Copper: 0.03mg (1.47%), Vitamin K: 1.52µg (1.44%), Zinc: 0.17mg (1.13%), Vitamin B6: 0.02mg (1.09%), Potassium: 36.03mg (1.03%)