



Browned-Butter Rolls

READY IN



30 min.

SERVINGS



8

CALORIES



140 kcal

Ingredients

- 13.2 ounce bread dough refrigerated french (such as Pillsbury Simply Rustic Bread)
- 2 teaspoons sage fresh finely chopped
- 2 garlic cloves minced
- 0.1 teaspoon kosher salt
- 1.5 tablespoons butter unsalted

Equipment

- frying pan
- 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.

Bake at 350 for 20 minutes or until golden.

While rolls bake, melt butter in a small skillet. Cook until bubbly and lightly browned (about 2 minutes).

Add sage and garlic to pan; cook 1 minute or until fragrant.

Brush butter mixture over hot rolls; sprinkle evenly with salt.

Version 1 Double-Sesame

Rolls: Prepare Browned-Butter

Rolls through step

Brush 1 tablespoon toasted sesame oil over hot rolls; sprinkle with 1 tablespoon toasted sesame seeds and 1/8 teaspoon kosher salt. SERVES 8 (serving size: 1 roll) CALORIES 134; FAT 6g (sat 8g); SODIUM 300mg

Version 2 Bacon & Gruyre

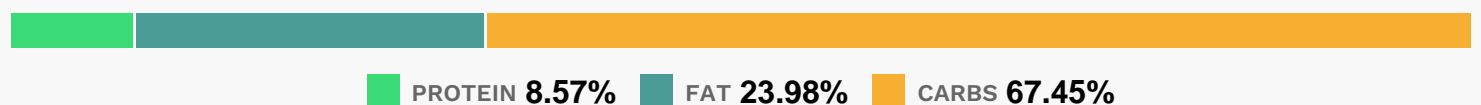
Rolls: Prepare Browned-Butter

Rolls through step

Sprinkle with 1/4 cup shredded Gruyre cheese and 2 finely chopped uncooked bacon slices.

Bake. SERVES 8 (serving size: 1 roll) CALORIES 137; FAT 2g (sat 3g); SODIUM 318mg

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.837391210477%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 139.83kcal (6.99%), Fat: 3.53g (5.43%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 21.37g (7.77%), Sugar: 0.01g (0.01%), Cholesterol: 5.64mg (1.88%), Sodium: 256.77mg (11.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Copper: 1.52mg (75.92%), Fiber: 0.96g (3.86%), Manganese: 0.06mg (3.12%), Vitamin A: 65.67IU (1.31%)