



Chive and Thyme Pull-Apart Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



183 kcal

BREAD

Ingredients

- ☐ 2.3 tsp active yeast dry
- ☐ 7 tablespoons butter cooled divided melted
- ☐ 3 tablespoons chives chopped
- ☐ 1 teaspoon sea salt
- ☐ 3 large eggs at room temperature
- ☐ 5.3 cups flour
- ☐ 1.5 tablespoons thyme leaves fresh chopped
- ☐ 1.5 cups warm milk whole (100° to 110°)

- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons salt

Equipment

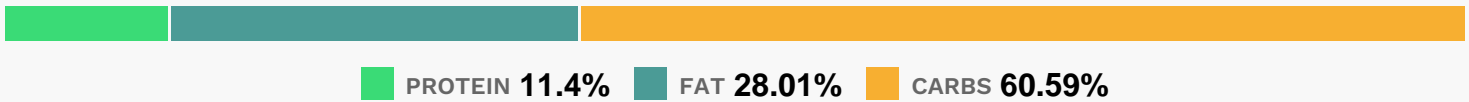
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ stand mixer
- ☐ muffin liners
- ☐ serrated knife

Directions

- ☐ In the large bowl of a stand mixer, combine milk, yeast, and sugar.
- ☐ Let stand until yeast softens, 5 to 7 minutes.
- ☐ Add table salt, chives, thyme, 2 eggs, and 1/3 cup butter and mix on low speed with dough hook until blended.
- ☐ Blend in 5 cups flour.
- ☐ Mix on medium until dough is smooth, stretchy, and pulling away from inside of bowl, 10 minutes.
- ☐ Add just enough flour so dough is only slightly tacky. Cover and let rise in a warm place until doubled, about 1 1/4 hours.
- ☐ Butter 20 muffin cups. Punch down dough. On a large, lightly floured work surface, roll out dough to an even 30- by 9-in. rectangle.
- ☐ Brush with 1 tbsp. butter.
- ☐ Cut dough into 6 long strips, each 1 1/2 in. wide. Stack strips, then cut stack in half crosswise. With a serrated knife, gently cut each stack into 10 portions. Arrange each with a set of edges up in a muffin cup so you see all the layers.
- ☐ Let rise at room temperature, loosely covered, until puffy, 45 minutes. Meanwhile, preheat oven to 35

- ☐ Beat remaining egg, then gently brush over tops and sides of rolls.
- ☐ Sprinkle with sea salt.
- ☐ Bake rolls until golden brown, 20 to 25 minutes, switching pan positions halfway through baking.
- ☐ Let cool in pans on a rack 5 minutes, then gently lift out to racks and serve warm or cool.
- ☐ Make ahead: Prepare through step 4, then wrap loosely with plastic wrap and chill overnight. Allow 1 1/4 hours for second rise.

Nutrition Facts



Properties

Glycemic Index:16.15, Glycemic Load:19.31, Inflammation Score:-6, Nutrition Score:6.5986956306126%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 182.7kcal (9.13%), Fat: 5.64g (8.67%), Saturated Fat: 3.15g (19.69%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 26.37g (9.59%), Sugar: 2.21g (2.45%), Cholesterol: 40.63mg (13.54%), Sodium: 398.84mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin B1: 0.31mg (20.68%), Selenium: 13.86µg (19.8%), Folate: 72.62µg (18.15%), Vitamin B2: 0.24mg (14.15%), Manganese: 0.24mg (11.97%), Vitamin B3: 2.12mg (10.59%), Iron: 1.76mg (9.8%), Phosphorus: 72.99mg (7.3%), Vitamin A: 237.13IU (4.74%), Fiber: 1.06g (4.26%), Vitamin B5: 0.38mg (3.83%), Calcium: 35.68mg (3.57%), Zinc: 0.45mg (2.98%), Copper: 0.06mg (2.92%), Magnesium: 11.64mg (2.91%), Vitamin B12: 0.17µg (2.9%), Vitamin D: 0.35µg (2.34%), Potassium: 82.05mg (2.34%), Vitamin B6: 0.05mg (2.31%), Vitamin E: 0.22mg (1.48%), Vitamin K: 1.48µg (1.41%), Vitamin C: 1.1mg (1.34%)