

CHEESE

Cumin-Cheddar Pinwheel Rolls

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
26 min	8 min	18 min	12	\$0.27	136 kcal

Cumin-Cheddar Pinwheel Rolls requires roughly 26 minutes from start to finish. One portion of this dish contains approximately 4g of protein, 4g of fat, and a total of 136 calories. This recipe serves 12. For 27 cents per serving, this recipe covers 2% of your daily requirements of vitamins and mine...

Ingredients

- ☐ 1 pound frozen whole wheat or white bread dough, thawed
- ☐ 1½ teaspoons cumin seeds
- ☐ 4 ounces cup finely shredded sharp Cheddar cheese

EQUIPMENT Baking sheet, Oven

Method

- 1

Thaw dough according to package directions.
- 2

Place dough on a lightly floured surface.
- 3

Roll dough into a 14 x 8-inch rectangle.
- 4

Sprinkle cumin seeds and cheese evenly over dough and press into dough lightly with hands.
- 5

Roll dough, starting at long edge; pinch seam to seal.
- 6

Cut dough crosswise into 12 equal slices (about 1 1/4 inches thick).

- 7 Place rolls, cut sides down, 2 inches apart on a baking sheet lightly coated with cooking spray. Coat tops of rolls with cooking spray. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size.
- 8 Preheat oven to 37
- 9 Bake at 375 for 18 minutes or until golden brown.

Nutrition per serving

136	4 g	4 g	18 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.8 g · 11% of daily needs
Fibre			0.8 g · 3% of daily needs
Sugar			0 g · 0% of daily needs
Sodium			240 mg · 10% of daily needs
Cholesterol			9.5 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/cumin-cheddar-pinwheel-rolls-147714