



## Curried Peppercorn Rolls

 Vegetarian  Vegan  Dairy Free

READY IN



23 min.

SERVINGS



7

CALORIES



148 kcal

### Ingredients

- 11 ounce breadstick dough refrigerated canned
- 0.3 teaspoon curry powder
- 0.5 teaspoon coarsely ground pepper
- 2 tablespoons creamy mustard blend

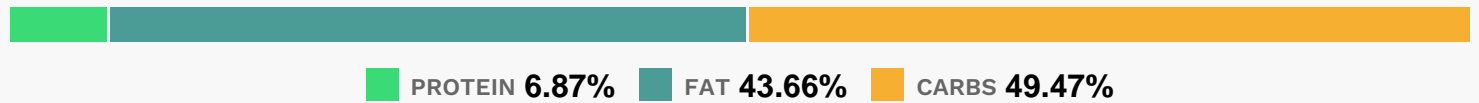
### Equipment

- baking sheet
- oven

## Directions

- Combine first 3 ingredients, stirring well.
- Unroll breadstick dough onto work surface, being careful not to separate dough.
- Spread mustard mixture evenly over dough. Separate dough into 8 strips. Coil each strip of dough into a spiral shape.
- Place on a baking sheet coated with cooking spray.
- Bake at 350 for 16 to 18 minutes or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:9.86, Glycemic Load:0.03, Inflammation Score:0, Nutrition Score:0.57043477172113%

## Nutrients (% of daily need)

Calories: 147.54kcal (7.38%), Fat: 7.38g (11.35%), Saturated Fat: 2.82g (17.63%), Carbohydrates: 18.8g (6.27%), Net Carbohydrates: 17.76g (6.46%), Sugar: 2.47g (2.74%), Cholesterol: 0mg (0%), Sodium: 480.23mg (20.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Fiber: 1.05g (4.18%), Selenium: 1.48µg (2.11%), Manganese: 0.04mg (1.96%)