



## Easy Cheese-Garlic Rolls

READY IN



45 min.

SERVINGS



16

CALORIES



140 kcal

### Ingredients

- 1 pound bread dough whole-wheat white frozen homemade thawed (1 loaf)
- 6 tablespoons butter at room temperature
- 0.3 cup garlic chopped
- 0.3 cup parmesan cheese grated
- 0.7 cup sharp cheddar cheese shredded

### Equipment

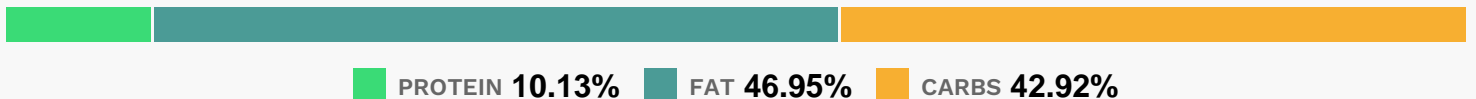
- frying pan
- oven
- plastic wrap

spatula

## Directions

- Mix butter, garlic, and 2 tablespoons of the parmesan cheese.
- On a lightly floured board, pat, roll, and stretch dough into a 12- by 16-inch rectangle. If dough springs back, let rest a few minutes, then continue to shape.
- Spread garlic-butter mixture evenly over dough.
- Sprinkle with 1/3 cup cheddar cheese.
- From a 16-inch edge, roll dough to enclose filling.
- Cut log of dough crosswise into 16 equal rolls.
- Setting on cut sides, evenly space rolls in a buttered 9- by 13-inch pan.
- Cover pan lightly with plastic wrap.
- Let rolls rise in a warm place until almost doubled in size, 25 to 35 minutes.
- Remove wrap; sprinkle rolls with remaining parmesan and cheddar cheeses.
- Bake in a 350 oven until golden brown, 30 to 35 minutes.
- Let cool in pan on a rack about 5 minutes. With a wide spatula, lift rolls from pan and serve warm or cool.

## Nutrition Facts



## Properties

Glycemic Index:3.56, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:1.5473913074188%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 139.98kcal (7%), Fat: 7.11g (10.94%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 14.01g (5.1%), Sugar: 0.05g (0.05%), Cholesterol: 6.07mg (2.02%), Sodium: 241.46mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Calcium: 53.8mg (5.38%), Vitamin A: 248.74IU

(4.97%), Phosphorus: 37.01mg (3.7%), Selenium: 2.28µg (3.26%), Manganese: 0.05mg (2.46%), Fiber: 0.61g (2.45%), Vitamin B6: 0.04mg (2.01%), Vitamin B2: 0.03mg (1.84%), Zinc: 0.27mg (1.82%), Vitamin E: 0.21mg (1.39%), Vitamin B12: 0.08µg (1.27%), Vitamin C: 0.89mg (1.08%)