



Easy Three-Seed Pan Rolls

READY IN



10 min.

SERVINGS



10

CALORIES



1083 kcal

Ingredients

- ☐ 9 bread dough rolls frozen
- ☐ 10 servings butter melted
- ☐ 1 egg white beaten
- ☐ 4 teaspoons fennel seeds
- ☐ 4 teaspoons poppy seeds
- ☐ 4 teaspoons sesame seed

Equipment

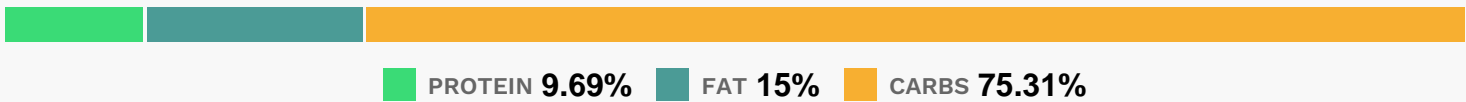
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Combine first 3 ingredients in a small bowl. Dip dough rolls, 1 at a time, in egg white; roll in seed mixture. Arrange rolls, 1 inch apart, in a lightly greased 8-inch pan. Cover with lightly greased plastic wrap, and let rise in a warm place (85), free from drafts, 3 to 4 hours or until doubled in bulk.
- ☐ Preheat oven to 35
- ☐ Uncover rolls, and bake at 350 for 15 minutes or until golden.
- ☐ Brush with melted butter.
- ☐ Note: For testing purposes only, we used Rhodes White Dinner
- ☐ Rolls for frozen rolls.
- ☐ Worth the Splurge: The initial cost for these rolls is money well spent. You can make three scrumptious batches from the ingredients.
- ☐ Three-Seed French Bread: Substitute 1 (11-oz.) can refrigerated French bread dough for frozen bread dough rolls.
- ☐ Combine seeds in a shallow dish.
- ☐ Brush dough loaf with egg white.
- ☐ Roll top and sides of dough loaf in seeds.
- ☐ Place, seam side down, on a baking sheet.
- ☐ Cut and bake dough loaf according to package directions.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.9430434742699%

Nutrients (% of daily need)

Calories: 1082.79kcal (54.14%), Fat: 16.94g (26.06%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 191.44g (63.81%), Net Carbohydrates: 182.9g (66.51%), Sugar: 0.06g (0.07%), Cholesterol: 10.75mg (3.58%), Sodium: 1942.99mg (84.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.63g (49.25%), Fiber: 8.54g (34.18%), Manganese: 0.15mg (7.64%), Calcium: 36.03mg (3.6%), Copper: 0.06mg (3.07%), Magnesium: 10.48mg (2.62%), Vitamin A: 126.1IU (2.52%), Iron: 0.39mg (2.14%), Phosphorus: 21.02mg (2.1%), Selenium: 1.09µg (1.55%), Vitamin B1: 0.02mg (1.35%), Zinc: 0.19mg (1.28%), Vitamin B2: 0.02mg (1.23%)