

## French Onion Pan Rolls

READY IN



60 min.

SERVINGS



20

CALORIES



183 kcal

### Ingredients

- 2 pound bread dough frozen thawed
- 0.5 cup butter melted
- 1 envelope onion soup mix
- 1 cup parmesan cheese grated

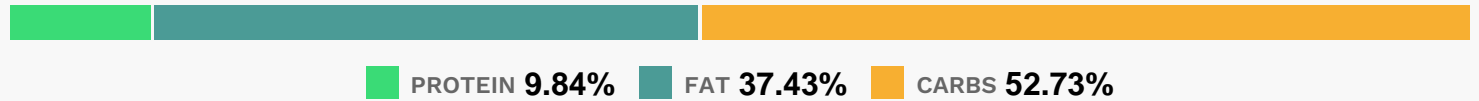
### Equipment

- bowl
- oven
- wire rack
- baking pan

## Directions

- Divide the bread dough into 20 portions; shape each into a ball. In a shallow bowl, combine cheese and soup mix.
- Place butter in another shallow bowl.
- Roll each ball in butter, then in the cheese mixture. Arrange in a greased 13-in. x 9-in. baking dish. Cover and let rise in a warm place until doubled, about 45 minutes.
- Bake at 350° for 30–35 minutes or until golden brown.
- Remove from dish to wire rack.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3173913239785%

## Nutrients (% of daily need)

Calories: 183.15kcal (9.16%), Fat: 7.34g (11.29%), Saturated Fat: 3.69g (23.09%), Carbohydrates: 23.26g (7.75%), Net Carbohydrates: 22.24g (8.09%), Sugar: 0.1g (0.11%), Cholesterol: 16.55mg (5.52%), Sodium: 497.94mg (21.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Calcium: 48.42mg (4.84%), Fiber: 1.02g (4.07%), Phosphorus: 37.28mg (3.73%), Vitamin A: 185.37IU (3.71%), Selenium: 1.91µg (2.72%), Zinc: 0.24mg (1.63%), Vitamin B2: 0.02mg (1.45%), Vitamin B12: 0.08µg (1.29%), Vitamin E: 0.16mg (1.07%)