



Fresh Herb-Topped Rolls

 Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



106 kcal

Ingredients

- ☐ 1 tablespoon cornmeal
- ☐ 1 lb bread dough white frozen thawed
- ☐ 36 parsley fresh italian (flat-leaf)
- ☐ 1 eggs
- ☐ 1 tablespoon water

Equipment

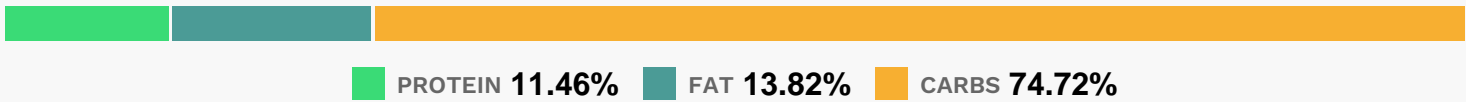
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

- ☐ plastic wrap
- ☐ kitchen scissors

Directions

- ☐ Heat oven to 375°F. Grease cookie sheet with shortening or cooking spray; sprinkle with cornmeal. Divide thawed dough into 12 equal portions.
- ☐ Shape each portion of dough into a ball.
- ☐ Place rolls on cookie sheet. Spray sheet of plastic wrap with cooking spray; place sprayed side down over rolls. Cover with towel.
- ☐ Let rise in warm place 45 to 60 minutes or until doubled in size.
- ☐ Meanwhile, place rinsed parsley leaves on paper towels; pat dry. With kitchen scissors, cut stems from leaves.
- ☐ In custard cup, beat egg and water with fork.
- ☐ Brush mixture over top of each roll. Dip parsley leaves into egg mixture; place 3 leaves on top of each roll.
- ☐ Brush remaining egg mixture over parsley-topped rolls.
- ☐ Bake 15 to 20 minutes or until golden brown. Immediately remove from cookie sheet.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:3.276521694401%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 105.82kcal (5.29%), Fat: 1.53g (2.35%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 18.6g (6.2%), Net Carbohydrates: 17.69g (6.43%), Sugar: 0.05g (0.06%), Cholesterol: 13.64mg (4.55%), Sodium: 184.76mg (8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin K: 49.21µg (46.87%), Vitamin A: 272.52IU (5.45%), Vitamin C: 3.99mg (4.84%), Fiber: 0.91g (3.66%), Selenium: 1.18µg (1.68%), Folate: 6.57µg (1.64%), Iron: 0.28mg (1.53%), Vitamin B2: 0.02mg (1.2%), Phosphorus: 10.88mg (1.09%)