



Garlic and Rosemary Cloverleaf Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



178 kcal

BREAD

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons butter softened
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large eggs
- ☐ 3.3 cups flour all-purpose divided
- ☐ 1 garlic head whole
- ☐ 1 cup warm milk 2% reduced-fat (100° to 110°)
- ☐ 1 teaspoon salt

- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon or dried fresh finely chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ aluminum foil
- ☐ muffin liners
- ☐ measuring cup

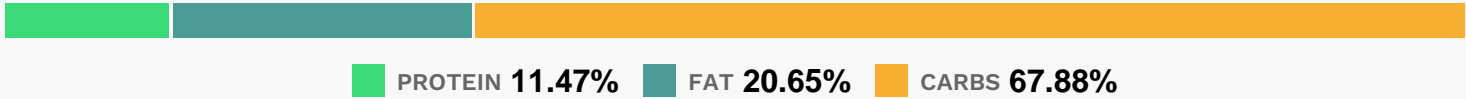
Directions

- ☐ Preheat oven to 350
- ☐ Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap head in foil.
- ☐ Bake at 350 for 1 hour; cool slightly. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Dissolve yeast in milk in a large bowl; let stand 5 minutes.
- ☐ Add garlic pulp. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 1 cup flour, 2 tablespoons butter, sugar, salt, egg, and rosemary; beat with a mixer at medium speed until combined.
- ☐ Add 2 cups flour, and beat until smooth. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place the dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Punch dough down. Divide dough into 12 equal portions. Divide each portion into 3 pieces, and shape each piece into a ball. Coat 12 muffin cups with cooking spray; place 3 dough balls in each muffin cup. Cover and let rise in a warm place (85), free from drafts, 30 minutes or until

doubled in size.

- ☐ Preheat oven to 40
- ☐ Uncover dough, and brush tops with 1 tablespoon melted butter.
- ☐ Bake at 400 for 12 minutes or until browned.
- ☐ Remove from pans; serve warm.

Nutrition Facts



Properties

Glycemic Index:28.76, Glycemic Load:20.61, Inflammation Score:-4, Nutrition Score:6.5639131367207%

Nutrients (% of daily need)

Calories: 177.8kcal (8.89%), Fat: 4.04g (6.22%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 29.89g (9.96%), Net Carbohydrates: 28.72g (10.45%), Sugar: 3.1g (3.45%), Cholesterol: 24.6mg (8.2%), Sodium: 232.59mg (10.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Vitamin B1: 0.35mg (23.17%), Folate: 80.76µg (20.19%), Selenium: 13.68µg (19.54%), Vitamin B2: 0.25mg (14.87%), Manganese: 0.25mg (12.52%), Vitamin B3: 2.31mg (11.55%), Iron: 1.76mg (9.76%), Phosphorus: 68.9mg (6.89%), Fiber: 1.17g (4.68%), Vitamin B5: 0.37mg (3.7%), Calcium: 34.88mg (3.49%), Zinc: 0.45mg (3%), Copper: 0.06mg (2.93%), Magnesium: 11.12mg (2.78%), Vitamin A: 135.26IU (2.71%), Vitamin B12: 0.15µg (2.46%), Potassium: 79.52mg (2.27%), Vitamin B6: 0.04mg (2.23%), Vitamin E: 0.15mg (1.01%)