



## Garlic Parmesan Dinner Rolls

READY IN



150 min.

SERVINGS



8

CALORIES



268 kcal

BREAD

### Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1.5 tablespoons butter melted
- ☐ 0.3 teaspoon cayenne pepper to taste
- ☐ 1 eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 2 cloves garlic crushed
- ☐ 0.5 teaspoon ground pepper black to taste
- ☐ 8 servings olive oil for brushing
- ☐ 0.3 cup parmigiano-reggiano cheese freshly grated

- ☐ 2 tablespoons freshly parsley italian chopped
- ☐ 1 teaspoon salt fine
- ☐ 1 cup warm water – 100 to 110 degrees f (40 to 45 degrees C)
- ☐ 0.5 teaspoon sugar white

## Equipment

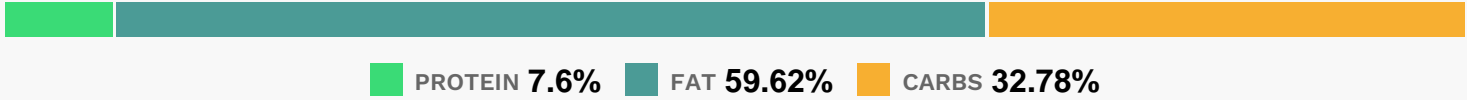
- ☐ bowl
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Mix yeast, 1/2 cup of flour, sugar, and warm water in a bowl. Cover and let rest in a warm place until bubbling, about 15 to 20 minutes.
- ☐ Stir in salt, olive oil, and egg.
- ☐ Mix thoroughly and stir in remaining 1 3/4 cup flour to form a loose, sticky dough that pulls away from the sides of the bowl. Cover with a damp towel and let rise in a warm place until doubled in size, about 1 to 1 1/2 hours.
- ☐ Punch down and scrape the dough from the sides of the bowl. Turn onto a lightly floured surface.
- ☐ Sprinkle with more flour and shape into a rectangle.
- ☐ Roll out to an approximately 10x12-inch rectangle, about 1/2-inch thick.
- ☐ Brush with melted butter; sprinkle with garlic, Parmagiano-Reggiano cheese, black pepper, cayenne, and parsley.
- ☐ Press flat one long edge of the rectangle and brush with water. From the opposite end, roll evenly into a log. Press the seam together to seal.
- ☐ Cut into 8 rolls.
- ☐ Transfer to a baking sheet, cut side up. If necessary, cut an 'X' in the top of each roll to expose filling.
- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Brush each roll with olive oil.

- ☐
- Sprinkle with more cheese. Cover and let rise until slightly puffed, about 20 to 30 minutes.
- ☐
- Bake in preheated oven until the tops are golden brown, about 20 minutes.

# Nutrition Facts



## Properties

Glycemic Index:43.51, Glycemic Load:15.4, Inflammation Score:-4, Nutrition Score:7.8056521026985%

## Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 268.06kcal (13.4%), Fat: 17.82g (27.42%), Saturated Fat: 4.02g (25.15%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 20.97g (7.63%), Sugar: 0.39g (0.44%), Cholesterol: 28.23mg (9.41%), Sodium: 368.93mg (16.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.23%), Vitamin K: 25.43µg (24.22%), Vitamin B1: 0.32mg (21.22%), Folate: 75.28µg (18.82%), Selenium: 11.88µg (16.97%), Vitamin E: 2.19mg (14.57%), Vitamin B2: 0.21mg (12.33%), Manganese: 0.22mg (11.18%), Vitamin B3: 2.01mg (10.05%), Iron: 1.58mg (8.8%), Phosphorus: 70.49mg (7.05%), Calcium: 49.67mg (4.97%), Vitamin A: 230.7IU (4.61%), Fiber: 1.07g (4.3%), Vitamin B5: 0.35mg (3.51%), Zinc: 0.45mg (2.98%), Copper: 0.06mg (2.94%), Vitamin B6: 0.05mg (2.48%), Magnesium: 9.88mg (2.47%), Vitamin C: 1.61mg (1.96%), Potassium: 60.49mg (1.73%), Vitamin B12: 0.09µg (1.53%)