



Herb Bubble Bread

READY IN



45 min.

SERVINGS



16

CALORIES



111 kcal

Ingredients

- 0.5 cup parmesan cheese grated
- 0.8 teaspoon parsley dried
- 0.3 teaspoon optional: dill
- 0.1 teaspoon thyme dried crushed
- 0.3 cup butter melted
- 2 teaspoons garlic minced
- 1 pound bread dough frozen thawed

Equipment

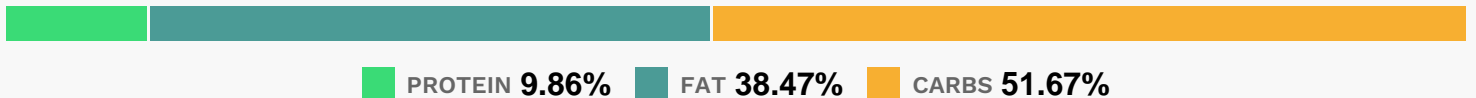
- bowl

- frying pan
- oven
- wire rack
- loaf pan
- aluminum foil

Directions

- In a small bowl, combine cheese and seasonings. In another bowl, combine butter and garlic; set aside.
- Divide dough into 16 pieces.
- Roll into balls. Coat balls in butter mixture, then dip in cheese mixture.
- Place in a greased 9x5-in. loaf pan.
- Cover and let rise in a warm place until doubled, about 1 hour.
- Bake at 350° for 22–26 minutes or until golden brown. (Cover loosely with foil if top browns too quickly.) Cool for 10 minutes before removing from pan to a wire rack.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.94, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.75521739799043%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 111.4kcal (5.57%), Fat: 4.58g (7.05%), Saturated Fat: 2.31g (14.43%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 13.29g (4.83%), Sugar: 0.01g (0.01%), Cholesterol: 10.34mg (3.45%), Sodium: 210.91mg (9.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.29%), Calcium: 29.36mg (2.94%), Vitamin A: 116.21IU (2.32%), Fiber: 0.56g (2.26%), Phosphorus: 21.27mg (2.13%), Selenium: 1.18µg (1.69%)