



Herb Pull-Apart Bread

 Dairy Free

READY IN



285 min.

SERVINGS



12

CALORIES



31 kcal

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon parsley
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 cloves garlic finely chopped
- ☐ 24 balls bread dough white frozen (from 3-lb package)

Equipment

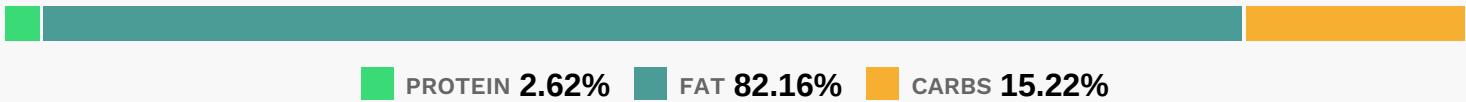
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ cake form

Directions

- ☐ Spray 12-cup fluted tube cake pan (do not use 10-cup) with cooking spray. In 1-quart saucepan, heat all ingredients except roll dough over low heat, stirring occasionally, until butter is melted.
- ☐ Place half of the frozen dough balls in pan. Generously brush butter mixture over dough in pan.
- ☐ Layer remaining dough balls in pan.
- ☐ Brush with remaining butter mixture. Cover and let stand in warm place about 4 hours or until double in size.
- ☐ Heat oven to 350°F.
- ☐ Bake 22 to 27 minutes or until bread sounds hollow when tapped and top is deep golden brown. Cool 5 minutes; turn upside down onto serving plate.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:0.41391304264898%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg 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: 31.31kcal (1.57%), Fat: 2.88g (4.44%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 42.6mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Vitamin A: 129.98IU (2.6%), Vitamin K: 1.55µg (1.48%)