



Herbed Asiago Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



142 kcal

BREAD

Ingredients

- ☐ 2.3 teaspoons active yeast dry
- ☐ 3 ounces asiago cheese shredded divided
- ☐ 0.5 teaspoon basil dried
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 teaspoon fennel seeds
- ☐ 2.5 cups flour all-purpose divided
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons honey divided

- ☐ 0.5 teaspoon oregano dried
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup warm water (100° to 110°)

Equipment

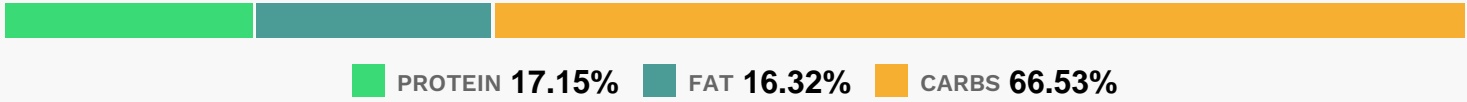
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ measuring cup

Directions

- ☐ Dissolve 1 tablespoon honey and yeast in 3/4 cup warm water in a large bowl; let stand 5 minutes. Stir in the remaining 1 tablespoon honey and egg. Weigh or lightly spoon 9 ounces (about 2 cups) all-purpose flour into dry measuring cups; level with a knife.
- ☐ Combine 9 ounces flour, 1/2 cup cheese, and next 5 ingredients (through pepper) in a bowl, stirring with a whisk.
- ☐ Add flour mixture to yeast mixture, stirring to form a soft dough. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining 25 ounces (about 1/2 cup) flour, 1 tablespoon at a time, to prevent the dough from sticking to hands.
- ☐ Place 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, dough has risen enough.) Punch dough down; cover and let rise 1 hour or until doubled in size.
- ☐ Preheat oven to 42
- ☐ Punch dough down; cover and let rest 5 minutes. Divide dough into 12 equal portions. Working with one portion of dough at a time (cover remaining dough to prevent drying), roll each portion into a ball.

- ☐
- Place the balls 2 inches apart on a baking sheet coated with cooking spray. Cover and let rise for 30 minutes. Uncover balls; sprinkle remaining 1/4 cup cheese over tops of balls.
- ☐
- Bake at 425 for 18 minutes or until browned.
- ☐
- Remove from baking sheet; cool 10 minutes on wire rack.

Nutrition Facts



Properties

Glycemic Index:15.94, Glycemic Load:15.95, Inflammation Score:-4, Nutrition Score:5.8278260269891%

Nutrients (% of daily need)

Calories: 141.81kcal (7.09%), Fat: 2.55g (3.93%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 22.44g (8.16%), Sugar: 3.02g (3.36%), Cholesterol: 20.32mg (6.77%), Sodium: 266.64mg (11.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.06%), Vitamin B1: 0.27mg (18.25%), Selenium: 11.79µg (16.84%), Folate: 64.2µg (16.05%), Vitamin B2: 0.2mg (11.62%), Manganese: 0.2mg (9.99%), Calcium: 94.4mg (9.44%), Vitamin B3: 1.81mg (9.07%), Phosphorus: 90.18mg (9.02%), Iron: 1.45mg (8.08%), Fiber: 0.96g (3.85%), Zinc: 0.5mg (3.31%), Vitamin B5: 0.29mg (2.92%), Magnesium: 10.79mg (2.7%), Copper: 0.05mg (2.57%), Vitamin B12: 0.12µg (2.04%), Vitamin A: 97.03IU (1.94%), Vitamin B6: 0.04mg (1.87%), Potassium: 51.95mg (1.48%), Vitamin K: 1.48µg (1.41%)