



## Herbed Fan Tan Dinner Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



147 kcal

### Ingredients

- 17.4 ounce loaf bread (refrigerated with Pillsbury Homestyle)
- 0.3 cup butter (melted)
- 0.5 teaspoon Penzey's Southwest Seasoning (dried Italian)

### Equipment

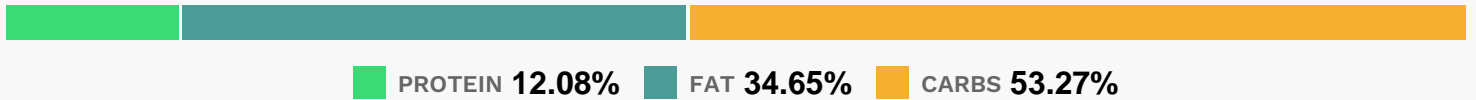
- oven

### Directions

- Combine butter and Italian seasoning, stirring well.

- Roll dough into a 15" x 8" rectangle.
- Cut into 4 (2"-wide) lengthwise strips. Stack strips on top of each other.
- Cut strips crosswise into 12 equal pieces.
- Place each piece, cut side up, into greased muffin pans; brush with butter mixture. Cover and let rise in a warm place (85), free from drafts, 25 minutes or until doubled in bulk.
- Bake at 375 for 20 minutes or until golden.
- Brush with butter mixture again, if desired.
- Place dough pieces in muffin pans; brush with butter mixture. Cover and freeze. Thaw, covered in a warm place 2 hours or until doubled in bulk.
- Bake as directed.

## Nutrition Facts



### Properties

Glycemic Index:5.31, Glycemic Load:10.49, Inflammation Score:-3, Nutrition Score:5.6865217193313%

### Nutrients (% of daily need)

Calories: 146.86kcal (7.34%), Fat: 5.67g (8.73%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 17.95g (6.53%), Sugar: 2.36g (2.62%), Cholesterol: 0mg (0%), Sodium: 239.05mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Manganese: 0.49mg (24.71%), Selenium: 11.84µg (16.92%), Vitamin B3: 2.3mg (11.51%), Vitamin B1: 0.17mg (11.3%), Folate: 35.19µg (8.8%), Iron: 1.51mg (8.39%), Fiber: 1.68g (6.72%), Vitamin B2: 0.11mg (6.22%), Phosphorus: 54.24mg (5.42%), Calcium: 54.13mg (5.41%), Magnesium: 17.22mg (4.31%), Vitamin A: 171.4IU (3.43%), Vitamin B5: 0.34mg (3.42%), Copper: 0.06mg (3.07%), Zinc: 0.43mg (2.87%), Vitamin K: 2.53µg (2.41%), Vitamin B6: 0.05mg (2.35%), Potassium: 61mg (1.74%), Vitamin E: 0.24mg (1.6%)