

Hot Onion Pinwheels

READY IN



130 min.

SERVINGS



12

CALORIES



138 kcal

SIDE DISH

Ingredients

- 0.3 ounce yeast dry
- 0.5 teaspoon pepper red crushed
- 1 eggs
- 2 cups flour all-purpose
- 4 tablespoons butter
- 1 tablespoon powdered milk dry
- 4 onion thinly sliced
- 1 teaspoon salt
- 1 cup water hot

1 tablespoon granulated sugar white

Equipment

baking sheet

oven

knife

Directions

Dissolve yeast in a cup of hot tap water with 1 tablespoon of sugar.

Mix 1 teaspoon of salt, 1 tablespoon butter, 1 tablespoon powdered milk with 2 cups all purpose flour.

Add 1 beaten egg and proofed yeast water.

Mix and knead for 10 minutes, adding more flour as needed.

Let rise until doubled.

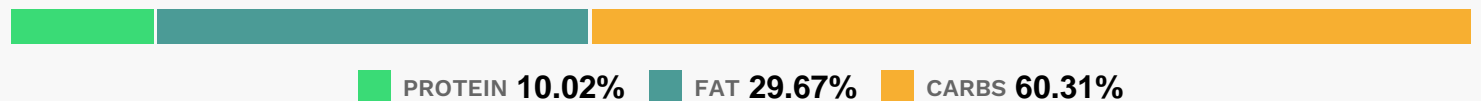
Meanwhile cook 4 large, thinly sliced onions in 4 tablespoons margarine or butter. Stir in red pepper.

Punch down dough, spread into a rectangle. Evenly spread onions on dough, roll up from the short end. With a sharp knife, slice into pinwheels.

Place on a baking sheet, let rise the second time.

Bake at 350 degrees F (175 degrees C) for about ten minutes or until done.

Nutrition Facts



Properties

Glycemic Index:18.09, Glycemic Load:13.06, Inflammation Score:-4, Nutrition Score:5.1456521853157%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 138.4kcal (6.92%), Fat: 4.57g (7.04%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 19.54g (7.1%), Sugar: 2.87g (3.19%), Cholesterol: 14.25mg (4.75%), Sodium: 249.87mg (10.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.95%), Vitamin B1: 0.25mg (16.62%), Folate: 60.94µg (15.23%), Selenium: 8.54µg (12.21%), Manganese: 0.19mg (9.72%), Vitamin B2: 0.16mg (9.61%), Vitamin B3: 1.53mg (7.64%), Iron: 1.14mg (6.33%), Fiber: 1.37g (5.49%), Phosphorus: 50.33mg (5.03%), Vitamin A: 218.01IU (4.36%), Vitamin B6: 0.07mg (3.62%), Vitamin C: 2.78mg (3.37%), Vitamin B5: 0.29mg (2.91%), Potassium: 98.48mg (2.81%), Copper: 0.05mg (2.71%), Magnesium: 10.01mg (2.5%), Zinc: 0.33mg (2.2%), Calcium: 21.89mg (2.19%), Vitamin E: 0.24mg (1.59%)