



No-Knead Overnight Parmesan and Thyme Rolls

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

BREAD

Ingredients

- 1 teaspoon thyme dried
- 0.5 teaspoon yeast dry
- 1 large eggs lightly beaten
- 1.3 cups flour all-purpose divided
- 0.5 teaspoon kosher salt
- 0.3 cup milk 2% reduced-fat
- 2 tablespoons olive oil extra virgin extra-virgin divided
- 2 ounces parmesan divided grated

- 0.5 teaspoon pepper black
- 1 tablespoon sugar
- 2 tablespoons water (100° to 110°)
- 0.3 cup flour whole-wheat white

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- knife
- whisk
- wooden spoon
- measuring cup

Directions

- Dissolve yeast in 2 tablespoons warm water in a large bowl; let stand 5 minutes or until bubbly.
- Heat 1 tablespoon oil in a small saucepan over medium heat.
- Add thyme to pan; cook 1 minute or until bubbly and fragrant.
- Add thyme mixture and milk to yeast mixture, stirring with a whisk; add 1/4 cup cheese, sugar, salt, and egg, stirring well.
- Weigh or lightly spoon whole-wheat white flour into a dry measuring cup; level with a knife. Using a wooden spoon, stir whole-wheat white flour into yeast mixture. Weigh or lightly spoon 5 ounces (about 1 cup) all-purpose flour into a dry measuring cup; level with a knife.
- Add all-purpose flour to yeast mixture, stirring well.
- Add enough of remaining all-purpose flour, 1 tablespoon at a time, to form a smooth but very sticky dough.

- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and refrigerate overnight. (Dough will not double in size.)
- Remove dough from refrigerator. Do not punch dough down. Turn dough out onto a floured surface; sprinkle dough lightly with flour.
- Roll dough into a 12 x 7inch rectangle.
- Brush dough with remaining 1 tablespoon oil.
- Sprinkle remaining 1/4 cup cheese evenly over dough; sprinkle with pepper. Beginning with a long side, roll up dough jelly-roll fashion. Pinch seam to seal (do not seal ends of roll).
- Cut roll into 8 (1 1/2-inch) slices.
- Place slices, cut sides up, on a baking sheet covered with parchment paper. Cover and let rise in a warm place (85), free from drafts, 1 hour or until rolls have risen slightly.
- Preheat oven to 40
- Place pan in oven, and immediately reduce heat to 37
- Bake rolls at 375 for 12 minutes or until golden brown.
- Serve warm.

Nutrition Facts

■ PROTEIN **15.34%** ■ FAT **35.48%** ■ CARBS **49.18%**

Properties

Glycemic Index:25.51, Glycemic Load:11.91, Inflammation Score:-4, Nutrition Score:6.2404348529551%

Nutrients (% of daily need)

Calories: 163.49kcal (8.17%), Fat: 6.44g (9.9%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 19.02g (6.92%), Sugar: 2.15g (2.38%), Cholesterol: 28.86mg (9.62%), Sodium: 273.31mg (11.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.52%), Selenium: 12.73µg (18.19%), Manganese: 0.32mg (15.85%), Vitamin B1: 0.2mg (13.56%), Folate: 46.23µg (11.56%), Vitamin B2: 0.18mg (10.69%), Phosphorus: 106.78mg (10.68%), Calcium: 106.65mg (10.66%), Iron: 1.4mg (7.8%), Vitamin B3: 1.46mg (7.29%), Vitamin K: 4.74µg (4.52%), Vitamin E: 0.64mg (4.25%), Fiber: 1.06g (4.24%), Zinc: 0.58mg (3.88%), Magnesium: 15.02mg (3.75%), Vitamin B12: 0.19µg (3.22%), Vitamin B5: 0.3mg (2.99%), Copper: 0.06mg (2.76%), Vitamin B6: 0.05mg (2.43%), Vitamin A: 104.9IU (2.1%), Potassium: 68.05mg (1.94%), Vitamin D: 0.16µg (1.07%)