



Olive and Asiago Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



146 kcal

BREAD

Ingredients

- ☐ 2 ounces asiago cheese grated
- ☐ 3.7 cups bread flour
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large egg white lightly beaten
- ☐ 3 tablespoons kalamata olives pitted chopped
- ☐ 0.8 cup milk 1% low-fat
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons oregano fresh chopped

- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 0.8 cup warm water (100° to 110°)
- ☐ 1 tablespoon water
- ☐ 0.5 cup flour whole wheat

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

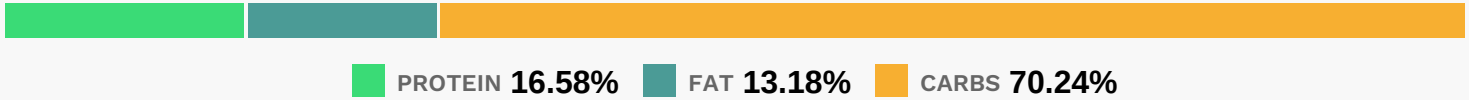
Directions

- ☐ Dissolve sugar and yeast in warm water in a large bowl; let stand 5 minutes. Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Add flours, milk, and next 3 ingredients (milk through oil); beat with a mixer at medium speed until smooth.
- ☐ Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes).
- ☐ 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, 45 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Punch dough down. Cover and let rest 5 minutes. Turn dough out onto a lightly floured surface. Arrange olives over dough; knead gently 4 to 5 times or until olives are incorporated into dough. Cover and let rest 10 minutes.
- ☐ Preheat oven to 37
- ☐ Punch dough down. Divide dough into 16 equal portions. Working with 1 portion at a time (cover remaining dough to keep from drying), roll each portion into a 2-inch ball. Repeat procedure with remaining dough portions.

- ☐
- Place on baking sheets coated with cooking spray. Cover and let rise 30 minutes or until doubled in size.

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Nutrition Facts



Properties

Glycemic Index:10.57, Glycemic Load:14.02, Inflammation Score:-6, Nutrition Score:5.1495652077315%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 146.23kcal (7.31%), Fat: 2.14g (3.28%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 25.59g (8.53%), Net Carbohydrates: 24.07g (8.75%), Sugar: 1.48g (1.64%), Cholesterol: 2.96mg (0.99%), Sodium: 234.89mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.08%), Selenium: 15.21µg (21.73%), Manganese: 0.41mg (20.68%), Phosphorus: 81.24mg (8.12%), Calcium: 72.97mg (7.3%), Vitamin B1: 0.1mg (6.6%), Fiber: 1.52g (6.09%), Folate: 23.42µg (5.85%), Vitamin B2: 0.08mg (4.75%), Magnesium: 17.63mg (4.41%), Vitamin K: 4.29µg (4.08%), Copper: 0.08mg (3.95%), Iron: 0.67mg (3.74%), Zinc: 0.54mg (3.6%), Vitamin B3: 0.7mg (3.53%), Vitamin B5: 0.27mg (2.73%), Vitamin B6: 0.05mg (2.47%), Vitamin E: 0.36mg (2.39%), Potassium: 79.2mg (2.26%), Vitamin B12: 0.11µg (1.87%), Vitamin A: 66.8IU (1.34%)