



One-Hour Wild Rice-Parmesan Rolls

READY IN



45 min.

SERVINGS



16

CALORIES



211 kcal

Ingredients

- ☐ 3.5 cups bread flour divided
- ☐ 3 tablespoons butter
- ☐ 3 tablespoons butter melted
- ☐ 0.8 cup rice wild cooled cooked
- ☐ 1 large eggs
- ☐ 2 teaspoons garlic salt
- ☐ 1 cup milk
- ☐ 6 ounces parmesan cheese divided freshly grated
- ☐ 2 tablespoons sugar
- ☐ 0.5 ounce rapid-rise yeast

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ wooden spoon

Directions

- ☐ Combine 1 1/2 cups flour, yeast, sugar, and garlic salt in a large mixing bowl; stir well.
- ☐ Combine milk and 3 tablespoons butter in a small saucepan; cook over medium heat 2 to 3 minutes or until butter melts. Cool to 100 to 11
- ☐ Gradually add milk mixture to flour mixture, beating well at medium speed with an electric mixer.
- ☐ Add egg, beating well.
- ☐ Add rice and 1/2 cup Parmesan cheese; beat well. Using a wooden spoon, gradually stir in enough remaining flour to make a soft dough.
- ☐ Turn dough out onto a lightly floured surface, and knead until smooth and elastic (about 6 to 8 minutes). Shape dough into a ball; place in a well-greased bowl, turning to grease top. Cover.
- ☐ Turn oven to 200 for 1 minute; turn oven off.
- ☐ Place dough in oven; let rise 15 minutes.
- ☐ Punch dough down; turn out onto a lightly floured surface, and knead lightly 4 or 5 times. Divide dough into 16 pieces; shape into balls. Dip tops of balls into melted butter; dip into remaining 1 cup Parmesan cheese. Arrange balls on a greased 15" x 10" jellyroll pan; let rest 5 minutes.
- ☐ Bake at 375 for 18 minutes or until lightly browned.

Nutrition Facts



 PROTEIN **15.24%**  FAT **36.48%**  CARBS **48.28%**

Properties

Glycemic Index:10.94, Glycemic Load:14.17, Inflammation Score:-3, Nutrition Score:5.8699999576354%

Nutrients (% of daily need)

Calories: 211.25kcal (10.56%), Fat: 8.54g (13.14%), Saturated Fat: 2.99g (18.66%), Carbohydrates: 25.43g (8.48%),
Net Carbohydrates: 24.4g (8.87%), Sugar: 2.39g (2.66%), Cholesterol: 22.7mg (7.57%), Sodium: 537.71mg (23.38%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.06%), Selenium: 15.97µg (22.81%), Phosphorus:
128.67mg (12.87%), Manganese: 0.25mg (12.62%), Calcium: 120.85mg (12.09%), Vitamin B1: 0.14mg (9.1%), Folate:
33.91µg (8.48%), Vitamin B2: 0.13mg (7.81%), Zinc: 0.97mg (6.47%), Vitamin A: 322.11IU (6.44%), Vitamin B12: 0.26µg
(4.33%), Fiber: 1.03g (4.13%), Magnesium: 15.87mg (3.97%), Vitamin B5: 0.4mg (3.95%), Vitamin B3: 0.76mg (3.78%),
Copper: 0.07mg (3.5%), Vitamin B6: 0.06mg (2.87%), Potassium: 92.61mg (2.65%), Vitamin E: 0.39mg (2.57%), Iron:
0.42mg (2.32%), Vitamin D: 0.28µg (1.89%)