



Parker House Rolls Topped with Cheddar and Old Bay

 Vegetarian

READY IN



60 min.

SERVINGS



30

CALORIES



93 kcal

BREAD

Ingredients

- 2.5 teaspoons yeast dry
- 1 large eggs beaten (large)
- 3.5 cups flour all-purpose plus more for kneading
- 1 cup milk
- 1 teaspoon old bay seasoning
- 3 tablespoons sugar
- 1.5 teaspoons salt

- 1 stick butter unsalted melted plus more for greasing the pan

Equipment

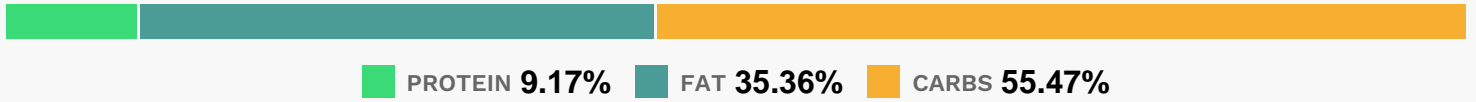
- bowl
- oven
- knife
- plastic wrap
- baking pan
- hand mixer
- aluminum foil
- microwave

Directions

- In a microwave-safe cup, heat the milk until warm but not hot, about 20 seconds.
- Add the yeast and sugar and let stand until foamy, about 5 minutes. Scrape the mixture into the bowl of a standing electric mixer fitted with the dough hook.
- Add the egg and 6 tablespoons of the melted butter and beat at low speed just until combined.
- Add the 3 1/2 cups of flour and the salt and beat at low speed until the dough is evenly moistened, about 2 minutes. Increase the speed to medium and knead until a soft, smooth dough forms, about 10 minutes.
- Transfer the dough to a floured work surface and pat it into a 10-inch square. Fold one-third of the dough into the center and the other third on top, like folding a letter. Turn the dough and fold again; you should have a small square. Butter the bowl and return the dough to it. Cover with plastic wrap and let stand in a warm place until doubled in bulk, about 1 hour.
- Butter a 9-by-13-inch baking pan. On a well-floured work surface, roll out the dough to a 15-inch square. Working from the bottom, tightly roll the dough into a log. Using a floured knife, cut the log into thirds.
- Cut each third into 5 slices. Arrange the rolls spiral side up in the baking pan in 3 rows of 5. Cover loosely with buttered plastic wrap and let rise for about 1 hour, until billowy.
- Preheat the oven to 375°F.

- Remove the plastic wrap and bake the rolls for 15 minutes.
- Sprinkle the cheddar cheese on top and bake for 15 minutes longer, until golden and cooked through; cover the rolls with foil for the last 5 minutes to prevent over-browning.
- Brush the rolls with the remaining 2 tablespoons of melted butter and sprinkle them with the Old Bay seasoning.
- Transfer the baking pan to a rack to let the rolls cool before serving.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:9.03, Inflammation Score:-2, Nutrition Score:2.896086918676%

Nutrients (% of daily need)

Calories: 93.02kcal (4.65%), Fat: 3.65g (5.61%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 12.4g (4.51%), Sugar: 1.64g (1.82%), Cholesterol: 15.27mg (5.09%), Sodium: 122.6mg (5.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.25%), Vitamin B1: 0.15mg (9.91%), Folate: 33.74µg (8.44%), Selenium: 5.68µg (8.11%), Vitamin B2: 0.1mg (6.05%), Manganese: 0.11mg (5.31%), Vitamin B3: 0.98mg (4.89%), Iron: 0.74mg (4.1%), Phosphorus: 29.93mg (2.99%), Vitamin A: 118.06IU (2.36%), Fiber: 0.47g (1.88%), Vitamin B5: 0.16mg (1.59%), Calcium: 14.85mg (1.49%), Copper: 0.02mg (1.24%), Zinc: 0.18mg (1.22%), Vitamin D: 0.18µg (1.2%), Magnesium: 4.75mg (1.19%), Vitamin B12: 0.07µg (1.09%)