



## Parmesan Crusted Dinner Rolls

 Popular

READY IN



335 min.

SERVINGS



12

CALORIES



199 kcal

### Ingredients

- 1 pound bread dough frozen thawed
- 1 cup parmesan cheese grated
- 0.5 cup butter salted melted

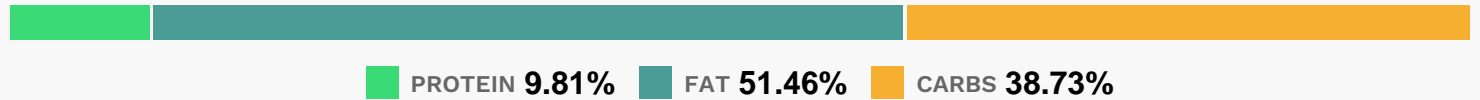
### Equipment

- bowl
- oven
- muffin liners

## Directions

- Grease 12 muffin cups.
- Place Parmesan cheese into a shallow bowl.
- Cut thawed bread dough into 12 pieces, then cut each piece into 3 more pieces, for a total of 3
- Roll each piece into a ball and dip into the melted butter.
- Gently press the buttered dough ball into the Parmesan cheese.
- Place 3 coated balls into each prepared muffin cup.
- Cover with a light cloth and let rise in a warm place (80 to 95 degrees F (27 to 35 degrees C)) until doubled in volume, 5 to 7 hours, depending on the room temperature.
- Preheat the oven to 375 degrees F (190 degrees C).
- Bake in the preheated oven until golden brown, 20 to 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:4.17, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.6943478605346%

## Nutrients (% of daily need)

Calories: 199.19kcal (9.96%), Fat: 11.11g (17.09%), Saturated Fat: 6.15g (38.46%), Carbohydrates: 18.82g (6.27%), Net Carbohydrates: 18.08g (6.57%), Sugar: 0.01g (0.01%), Cholesterol: 27.59mg (9.2%), Sodium: 384.42mg (16.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.53%), Calcium: 75.94mg (7.59%), Vitamin A: 308.45IU (6.17%), Phosphorus: 55.1mg (5.51%), Selenium: 3.01µg (4.3%), Fiber: 0.74g (2.95%), Zinc: 0.37mg (2.46%), Vitamin B12: 0.13µg (2.14%), Vitamin B2: 0.03mg (1.88%), Vitamin E: 0.26mg (1.75%)