



Parmesan Garlic Rolls

 Popular

READY IN



73 min.

SERVINGS



12

CALORIES



111 kcal

BREAD

Ingredients

- 1 tablespoon butter softened
- 1 egg white
- 2.3 cups flour all-purpose
- 0.5 teaspoon garlic powder spice islands®
- 0.5 cup milk
- 1 tablespoon parmesan cheese grated
- 1.5 teaspoons salt
- 1.5 tablespoons sugar

- 0.5 cup water
- 1 envelope fleischmann's® rapidrise yeast

Equipment

- bowl
- oven
- wire rack
- blender
- hand mixer
- ice cream scoop
- muffin liners

Directions

- Combine 1-1/2 cups flour, undissolved yeast, sugar, salt and garlic powder in a large mixer bowl.
- Heat water, milk and butter until very warm (120 degrees F to 130 degrees F).
- Add to dry ingredients and beat for 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Stir in enough additional flour to make a soft dough.
- Cover and let dough rest 10 minutes in bowl.
- Portion dough evenly into 12 to 15 greased muffin cups (2-1/2 x 1-1/4 inches).
- Tip: Use an ice cream scoop to make portioning easier. Cover; let rise in warm, draft free place until doubled in bulk, about 35 minutes.
- Combine egg white with 1 tablespoon water. Carefully brush tops of rolls with egg mixture; sprinkle with cheese.
- Bake at 375 degrees F for 15 to 18 minutes, or until lightly browned on top.
- Remove from pans and cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:14.17, Inflammation Score:-2, Nutrition Score:4.3586956415649%

Nutrients (% of daily need)

Calories: 110.94kcal (5.55%), Fat: 1.67g (2.56%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 19.46g (7.08%), Sugar: 2.07g (2.3%), Cholesterol: 1.58mg (0.53%), Sodium: 318.34mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.83%), Vitamin B1: 0.25mg (16.98%), Folate: 56.74µg (14.18%), Selenium: 8.87µg (12.67%), Vitamin B2: 0.17mg (9.79%), Manganese: 0.16mg (8.24%), Vitamin B3: 1.63mg (8.17%), Iron: 1.11mg (6.19%), Phosphorus: 43.1mg (4.31%), Fiber: 0.8g (3.2%), Vitamin B5: 0.23mg (2.27%), Calcium: 20.99mg (2.1%), Copper: 0.04mg (1.99%), Zinc: 0.28mg (1.84%), Magnesium: 7.35mg (1.84%), Potassium: 52.81mg (1.51%), Vitamin B6: 0.03mg (1.39%), Vitamin A: 61.81IU (1.24%), Vitamin B12: 0.06µg (1.07%)