



WHATSheATE



## Parmesan-Herb Cloverleaf Rolls

READY IN



45 min.

SERVINGS



18

CALORIES



193 kcal

BREAD

### Ingredients

- ☐ 1 envelope active yeast dry
- ☐ 2 tablespoons flat-leaf parsley finely chopped
- ☐ 4 cups flour for dusting all-purpose plus more
- ☐ 1.5 cups milk
- ☐ 0.5 cup parmesan cheese packed freshly grated
- ☐ 1 teaspoon rosemary finely chopped
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon thyme leaves finely chopped

- ☐ 11 tablespoons butter unsalted

## Equipment

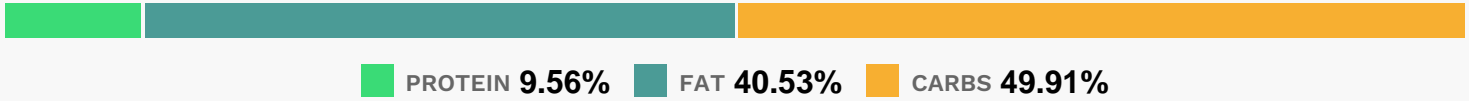
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ muffin tray

## Directions

- ☐ In a medium saucepan, heat the milk with 3 tablespoons of the butter and the sugar just until the butter melts.
- ☐ Transfer to a large bowl and let cool slightly. Stir in the yeast and let stand until dissolved, about 5 minutes.
- ☐ Add the 4 cups of flour and the salt and stir until a soft sticky dough forms.
- ☐ Turn the dough out onto a lightly floured surface and knead until silky, about 4 minutes.
- ☐ Transfer the dough to a lightly oiled bowl, cover with plastic wrap and let rise in a warm spot until doubled in bulk, about 1 hour.
- ☐ In a small shallow bowl, mix the cheese with the parsley, thyme and rosemary. Melt the remaining 8 tablespoons of butter in a small saucepan.
- ☐ Lightly butter 18 of the cups in 2 or more nonstick muffin pans. Punch down the dough and divide it into 3 equal pieces. Working with 1 piece of dough at a time and keeping the rest covered, roll the piece of dough into a 1-inch-thick rope, then cut the rope into 18 equal pieces; roll each piece into a ball. Dip half of each ball into the melted butter and then into the herb-cheese mixture and arrange 3 balls in each prepared muffin cup, coated sides touching in the center. Repeat with the remaining dough and topping.
- ☐ Brush the top of the rolls with the remaining melted butter. Cover the muffin pans with plastic wrap and refrigerate overnight.
- ☐ Loosely re-drape the plastic wrap over the muffin tins.
- ☐ Let the rolls rise in a warm spot until they are about 1 inch above the rim of the cups, about 2 hours.
- ☐ Preheat the oven to 42

- ☐ Bake the rolls in the lower and middle thirds of the oven for about 15 minutes, or until golden and sizzling; shift the pans halfway through from top to bottom and back to front for even browning. Turn the rolls out onto a rack and let cool slightly before serving.
- ☐ Make Ahead: The rolls can be baked earlier in the day. Reheat before serving.

## Nutrition Facts



## Properties

Glycemic Index:18.34, Glycemic Load:16.64, Inflammation Score:-5, Nutrition Score:6.0765217205752%

## Flavonoids

Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

## Nutrients (% of daily need)

Calories: 193.04kcal (9.65%), Fat: 8.68g (13.35%), Saturated Fat: 5.25g (32.83%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 23.16g (8.42%), Sugar: 2.39g (2.66%), Cholesterol: 23.25mg (7.75%), Sodium: 252.1mg (10.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Vitamin B1: 0.27mg (18.26%), Selenium: 10.9µg (15.57%), Folate: 61.1µg (15.27%), Vitamin B2: 0.19mg (11.45%), Manganese: 0.2mg (9.87%), Vitamin B3: 1.83mg (9.16%), Vitamin K: 8.08µg (7.7%), Iron: 1.36mg (7.57%), Phosphorus: 73.06mg (7.31%), Vitamin A: 313.66IU (6.27%), Calcium: 57.17mg (5.72%), Fiber: 0.89g (3.55%), Zinc: 0.44mg (2.96%), Vitamin B5: 0.27mg (2.71%), Vitamin B12: 0.16µg (2.7%), Magnesium: 10.32mg (2.58%), Vitamin D: 0.37µg (2.44%), Copper: 0.05mg (2.3%), Potassium: 74.36mg (2.12%), Vitamin B6: 0.03mg (1.69%), Vitamin E: 0.24mg (1.62%)