



Parmesan Pull-Aparts

 Vegetarian

READY IN



4500 min.

SERVINGS



12

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons active yeast dry (from a)
- ☐ 3 large eggs
- ☐ 2.5 cups flour plus 2 tablespoon all-purpose for sprinkling
- ☐ 1 teaspoon mild honey
- ☐ 0.7 cup warm milk divided (105–115°F)
- ☐ 1 teaspoon salt
- ☐ 5 tablespoons butter unsalted softened cut into tablespoon pieces and
- ☐ 1 tablespoon water

Equipment

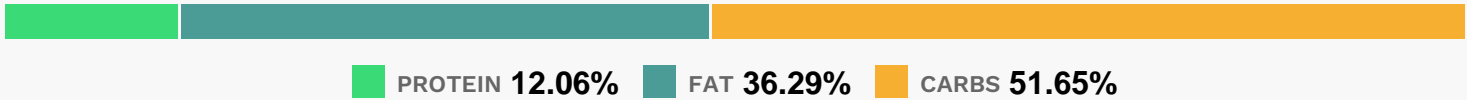
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ cake form
- ☐ kitchen towels

Directions

- ☐ Stir together yeast, honey, and 1/3 cup warm milk in mixer bowl and let stand until foamy, about 5 minutes. (If mixture doesn't foam, start over with new yeast.)
- ☐ Whisk together flour (2 1/2 cups), cheese, and salt, then mix into yeast mixture along with remaining 1/3 cup warm milk at low speed. Increase speed to medium and beat in 2 eggs, 1 at a time, beating well after each addition, then beat, scraping down side of bowl occasionally, until a very soft dough forms, about 3 minutes. Beat in butter, 1 tablespoon at a time, until dough is elastic, about 2 minutes. (Dough will be very sticky.)
- ☐ Scrape dough into center of bowl and sprinkle with remaining 2 tablespoon flour. Cover bowl with plastic wrap and a kitchen towel and let dough rise in a draft-free place at warm room temperature until doubled, 1 1/2 to 2 hours.
- ☐ Punch down dough (do not knead) and turn out onto a floured surface.
- ☐ Cut dough into 12 equal pieces and roll each into a ball by cupping your hand and pushing dough against work surface as you roll in a circular motion. Arrange rolls 1 inch apart in a buttered 9- by 2-inch round cake pan and cover with a kitchen towel (not terry cloth).
- ☐ Let dough rise in a draft-free place at warm room temperature until doubled and dough fills pan, 1 to 1 1/2 hours.
- ☐ Preheat oven to 375°F with rack in middle.

- ☐ Whisk together remaining egg with water and brush on tops of rolls. (You will have leftover egg wash.)
- ☐ Bake until golden brown, 20 to 25 minutes. Loosen edges of rolls from pan with a sharp knife and invert rolls onto a rack, then reinvert and cool at least 20 minutes.
- ☐ Rolls are best the day they're made but can be frozen (cool completely, then wrap well) 1 month. Thaw, then reheat on a baking sheet in a 350°F oven until warmed through, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:13.77, Glycemic Load:14.87, Inflammation Score:-4, Nutrition Score:5.9395652624738%

Nutrients (% of daily need)

Calories: 166.08kcal (8.3%), Fat: 6.65g (10.23%), Saturated Fat: 3.69g (23.03%), Carbohydrates: 21.29g (7.1%), Net Carbohydrates: 20.45g (7.44%), Sugar: 1.25g (1.39%), Cholesterol: 60.67mg (20.22%), Sodium: 218.2mg (9.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Selenium: 13.03µg (18.61%), Vitamin B1: 0.27mg (18.29%), Folate: 65.85µg (16.46%), Vitamin B2: 0.23mg (13.38%), Manganese: 0.18mg (9.22%), Vitamin B3: 1.77mg (8.86%), Iron: 1.44mg (8.02%), Phosphorus: 71.29mg (7.13%), Vitamin A: 235.24IU (4.7%), Vitamin B5: 0.43mg (4.33%), Fiber: 0.84g (3.38%), Vitamin B12: 0.19µg (3.25%), Vitamin D: 0.49µg (3.24%), Zinc: 0.45mg (2.98%), Calcium: 29.33mg (2.93%), Copper: 0.05mg (2.52%), Vitamin B6: 0.05mg (2.45%), Magnesium: 9.28mg (2.32%), Potassium: 72.14mg (2.06%), Vitamin E: 0.29mg (1.93%)