



Parmesan Twist

READY IN



48 min.

SERVINGS



16

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.3 teaspoons yeast dry
- 1 large eggs
- 2.8 cups flour all-purpose
- 1 teaspoon penzey's southwest seasoning dried italian
- 2 ounces parmesan cheese fresh grated
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon vegetable oil
- 1 cup warm water (100° to 110°)

- 1 teaspoon water

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- wire rack
- measuring cup

Directions

- Combine egg and 1 teaspoon water in a small bowl; stir with a whisk. Reserve 1 tablespoon egg mixture; set aside.
- Dissolve yeast and sugar in 1 cup warm water in a small bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- Combine yeast mixture, flour, remaining egg mixture, and next 4 ingredients in a large bowl; stir until a soft dough forms.
- Turn dough out onto a lightly floured surface and knead until smooth and elastic.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until dough has doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- Punch dough down; divide in half. Shape each half into a 12-inch rope.
- Place ropes lengthwise on a baking sheet coated with cooking spray (do not stretch); pinch ends together at one end to seal. Twist ropes, and pinch end to seal; tuck both ends slightly under. Cover dough, and let rise 35 minutes.
- Preheat oven to 37
- Brush reserved 1 tablespoon egg mixture over dough.
- Bake at 375 for 35 minutes or until golden. Cool on a wire rack.

Nutrition Facts



■ PROTEIN 15.46% ■ FAT 19.77% ■ CARBS 64.77%

Properties

Glycemic Index:11.07, Glycemic Load:12.07, Inflammation Score:-2, Nutrition Score:4.3891304968654%

Nutrients (% of daily need)

Calories: 106.79kcal (5.34%), Fat: 2.31g (3.56%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 16.3g (5.93%), Sugar: 0.35g (0.39%), Cholesterol: 14.03mg (4.68%), Sodium: 207.99mg (9.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Vitamin B1: 0.22mg (14.64%), Selenium: 9.08µg (12.97%), Folate: 51.57µg (12.89%), Vitamin B2: 0.15mg (8.85%), Manganese: 0.16mg (7.8%), Vitamin B3: 1.46mg (7.31%), Iron: 1.14mg (6.32%), Phosphorus: 56.96mg (5.7%), Calcium: 49.6mg (4.96%), Fiber: 0.75g (3%), Vitamin K: 2.48µg (2.36%), Zinc: 0.33mg (2.19%), Vitamin B5: 0.22mg (2.18%), Copper: 0.04mg (1.98%), Magnesium: 7.39mg (1.85%), Vitamin B6: 0.03mg (1.29%), Vitamin B12: 0.07µg (1.18%), Potassium: 36.35mg (1.04%)