



## Parrano Cheese-Thyme Rolls

READY IN



45 min.

SERVINGS



12

CALORIES



145 kcal

BREAD

### Ingredients

- 3 ounces cheese freshly grated
- 1 teaspoon cornmeal
- 2.3 teaspoons yeast dry
- 1 large eggs lightly beaten
- 12.3 ounces flour all-purpose divided
- 1 teaspoon thyme sprigs fresh chopped
- 0.5 teaspoon salt
- 1 teaspoon sugar
- 0.8 cup water (100° to 110°)

## Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- plastic wrap
- measuring cup

## Directions

- Dissolve sugar and yeast in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- Add 2 1/2 cups flour, thyme, salt, and egg to yeast mixture; stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel slightly sticky). Cover dough; let stand 10 minutes. Knead in Parrano cheese until well combined.
- Divide mixture into 12 equal portions, and form each portion into a ball.
- Place each ball onto a baking sheet sprinkled with cornmeal. Lightly coat tops of rolls with cooking spray; cover with plastic wrap.
- Let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size.
- Preheat oven to 400
- Bake rolls at 400 for 18 minutes or until browned on tops and bottoms.
- Remove rolls from baking sheet; cool completely on a wire rack.

## Nutrition Facts



**PROTEIN 15.26%** **FAT 19.85%** **CARBS 64.89%**

## Properties

Glycemic Index:23.8, Glycemic Load:16.45, Inflammation Score:-5, Nutrition Score:5.9234781641027%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

## Nutrients (% of daily need)

Calories: 144.92kcal (7.25%), Fat: 3.15g (4.85%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 22.19g (8.07%), Sugar: 0.45g (0.5%), Cholesterol: 22.59mg (7.53%), Sodium: 150.81mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Vitamin B1: 0.3mg (19.81%), Selenium: 13.22µg (18.89%), Folate: 70.55µg (17.64%), Vitamin B2: 0.22mg (12.86%), Manganese: 0.21mg (10.33%), Vitamin B3: 1.97mg (9.84%), Iron: 1.48mg (8.24%), Phosphorus: 76.45mg (7.64%), Calcium: 58.18mg (5.82%), Fiber: 0.98g (3.93%), Zinc: 0.57mg (3.83%), Vitamin B5: 0.3mg (3.01%), Copper: 0.05mg (2.68%), Magnesium: 9.73mg (2.43%), Vitamin A: 101.43IU (2.03%), Vitamin B12: 0.11µg (1.88%), Vitamin B6: 0.04mg (1.76%), Potassium: 49.53mg (1.42%)