



Parsley-Garlic Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



115 kcal

Ingredients

- 16 ounce bread dough frozen thawed
- 2 tablespoons parsley fresh chopped
- 2 garlic cloves pressed
- 2 tablespoons butter melted reduced-calorie

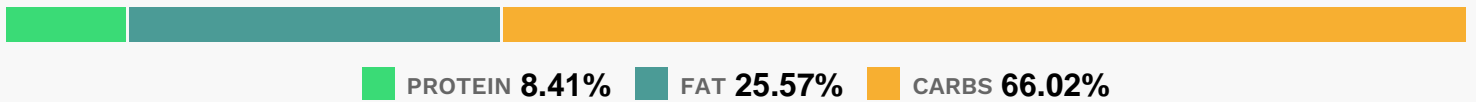
Equipment

- oven

Directions

- Combine first 3 ingredients; set aside.
- Roll bread dough to a 12-inch square; spread parsley mixture over dough, leaving a 1/2-inch border on top and bottom edges.
- Roll dough tightly, jelly-roll fashion, from bottom edge. Press top edge of dough into roll to seal edge.
- Cut roll of dough into 1-inch slices.
- Place slices, cut sides down, in muffin pans coated with cooking spray.
- Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- Preheat oven to 40
- Bake rolls at 400 for 9 to 11 minutes or until golden.
- Remove from pans, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.91521739392825%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 115kcal (5.75%), Fat: 3.1g (4.77%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 17.24g (6.27%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 201.47mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.59%), Vitamin K: 10.94µg (10.42%), Fiber: 0.77g (3.08%), Vitamin A: 144.36IU (2.89%), Vitamin C: 1.05mg (1.27%)