



Peppered Parmesan-Tomato Spirals

READY IN



45 min.

SERVINGS



14

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bread dough refrigerated white frozen thawed
- ☐ 0.8 teaspoon coarsely ground pepper
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 tablespoon stick margarine melted
- ☐ 0.3 cup sun-dried tomato sprinkles

Equipment

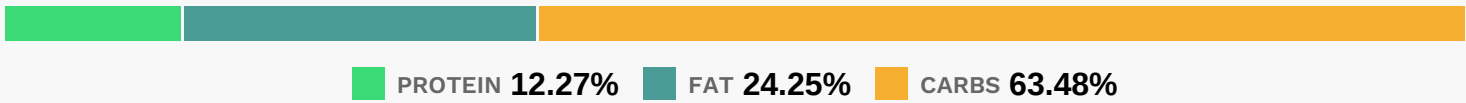
- ☐ frying pan
- ☐ oven

☐ wax paper

Directions

- ☐ Preheat oven to 35
- ☐ Coat 2 (8-inch) round cake pans with cooking spray; set aside.
- ☐ Unroll dough on a large sheet of wax paper.
- ☐ Roll dough into a 19- x 7-inch rectangle; coat with cooking spray.
- ☐ Cut in half crosswise.
- ☐ Sprinkle evenly with cheese, tomato sprinkles, and pepper. Press tomato mixture lightly into dough, and coat with cooking spray.
- ☐ Beginning at short side, roll up one half of dough tightly, jelly-roll fashion; pinch seam to seal (do not seal ends of roll).
- ☐ Place a long piece of dental floss or string under dough 1 inch from the end of roll. Cross ends of string over top of roll; slowly pull ends to cut through the dough.
- ☐ Place roll portion, cut side up, in center of 1 prepared pan.
- ☐ Cut 6 additional portions from roll.
- ☐ Place roll portions around the sides of pan. Set aside. Repeat procedure with remaining half of dough; brush tops of rolls with melted butter.
- ☐ Bake at 350 for 20 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:4.43, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:1.3713043549139%

Nutrients (% of daily need)

Calories: 110.5kcal (5.53%), Fat: 2.86g (4.4%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 15.95g (5.8%), Sugar: 0.74g (0.82%), Cholesterol: 3.11mg (1.04%), Sodium: 226.96mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.51%), Fiber: 0.9g (3.6%), Calcium: 34.52mg (3.45%), Phosphorus: 30.05mg (3%), Manganese: 0.05mg (2.65%), Potassium: 75.81mg (2.17%), Selenium: 1.36µg (1.95%), Vitamin A: 86.43IU (1.73%), Copper: 0.03mg (1.54%), Magnesium: 5.28mg (1.32%), Vitamin B2: 0.02mg (1.32%), Zinc:

0.19mg (1.3%), Iron: 0.2mg (1.14%), Vitamin K: 1.08µg (1.03%)