



Ploughman's rolls

READY IN



62 min.

SERVINGS



8

CALORIES



289 kcal

Ingredients

- ☐ 1 tbsp celery seeds
- ☐ 500 g pack bread dough
- ☐ 200 ml milk
- ☐ 100 g extra-mature cheddar grated
- ☐ 85 g round of président brie diced english
- ☐ 1 small apples diced cored
- ☐ 2 spring onion finely chopped
- ☐ 1 tbsp poppy seed
- ☐ 8 servings pickle

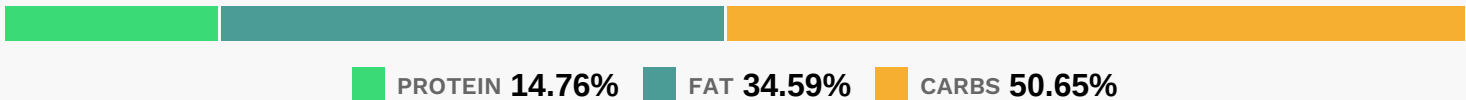
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Stir the celery seeds into the bread dough mix.
- ☐ Pour the milk into a jug, make up to 325ml with water, then warm to hand temperature (this is easy to do in the microwave).
- ☐ Add to the bread mix and bring together following pack instructions. Leave to rise in a warm place until about doubled in size.
- ☐ Meanwhile, mix together 85g of the cheddar, the Brie, apple and spring onions, and season a little.
- ☐ Divide the dough into 8 even pieces.
- ☐ Roll a piece into a roughly 10cm-wide circle (about the thickness of a naan), then spoon an eighth of the cheesy mixture into the middle. Gather up the edges of the dough around the filling and pinch together to seal firmly you dont want it to burst while baking. Turn the roll over so the pinched bit seals and squashes together underneath. Re-shape a little if necessary. Repeat with the remaining dough and filling, then sit on floured baking sheets, spaced a little apart. Cover with oiled cling film and set aside in a warm place for 30 mins more.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Brush the rolls with a splash of milk, scatter with the poppy seeds plus a pinch more celery seeds and the remaining cheddar, then bake for 20–22 mins. Eat warm or cold, with pickle.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:1.28, Inflammation Score:-4, Nutrition Score:6.8308695036432%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg Luteolin: 6.22mg, Luteolin: 6.22mg, Luteolin: 6.22mg, Luteolin: 6.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 288.58kcal (14.43%), Fat: 10.83g (16.66%), Saturated Fat: 4.85g (30.33%), Carbohydrates: 35.68g (11.89%), Net Carbohydrates: 32.98g (11.99%), Sugar: 4.21g (4.67%), Cholesterol: 26.22mg (8.74%), Sodium: 979.77mg (42.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.4g (20.79%), Calcium: 208.19mg (20.82%), Vitamin K: 18.16µg (17.3%), Phosphorus: 130.84mg (13.08%), Vitamin B2: 0.19mg (11.39%), Fiber: 2.7g (10.82%), Manganese: 0.18mg (9.15%), Selenium: 5.83µg (8.33%), Vitamin A: 389.26IU (7.79%), Vitamin B12: 0.45µg (7.45%), Zinc: 1.05mg (7.01%), Magnesium: 22.07mg (5.52%), Potassium: 184.74mg (5.28%), Vitamin B1: 0.07mg (4.87%), Folate: 18.19µg (4.55%), Vitamin B6: 0.09mg (4.54%), Iron: 0.76mg (4.23%), Vitamin C: 2.94mg (3.56%), Copper: 0.06mg (2.99%), Vitamin D: 0.41µg (2.74%), Vitamin B5: 0.27mg (2.71%), Vitamin E: 0.29mg (1.92%), Vitamin B3: 0.21mg (1.06%)