



Poppy Seed-Swiss Cheese Rolls

 Gluten Free

READY IN



40 min.

SERVINGS



25

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons mustard dry
- 1 large eggs lightly beaten
- 0.5 teaspoon garlic powder
- 2 tablespoons butter melted reduced-calorie
- 1 tablespoon poppy seeds
- 4 ounces swiss cheese shredded reduced-fat
- 1 cup water hot (120° to 130°)
- 2 teaspoons worcestershire sauce

- 16 ounce roll mix with yeast packet hot
- 16 ounce roll mix with yeast packet hot

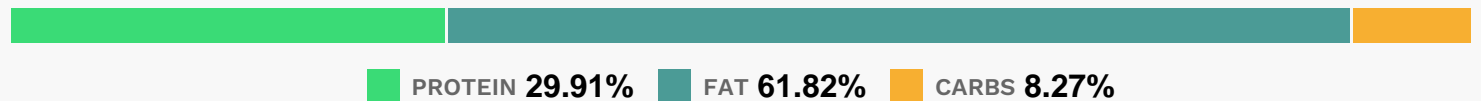
Equipment

- bowl
- frying pan
- oven

Directions

- Combine roll mix, yeast packet, and next 4 ingredients in a large bowl; stir well.
- Combine water and next 3 ingredients; add to dry ingredients, stirring just until dry ingredients are moistened.
- Turn dough out onto a lightly floured surface, and knead until smooth and elastic (about 5 minutes).
- Place in a bowl coated with cooking spray, turning to coat top. Cover and let rest 5 minutes.
- Divide dough into 20 equal portions. Shape each portion into a ball, and place balls in a 13- x 9- x 2-inch pan coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- Bake at 375 for 15 to 18 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:0.4, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0626087055906%

Nutrients (% of daily need)

Calories: 22.3kcal (1.12%), Fat: 1.53g (2.36%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 0.46g (0.15%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.14g (0.15%), Cholesterol: 9.03mg (3.01%), Sodium: 29.29mg (1.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.33%), Calcium: 51.49mg (5.15%), Phosphorus: 36.65mg (3.67%), Selenium: 1.59µg (2.27%), Zinc: 0.24mg (1.63%), Vitamin B2: 0.03mg (1.61%), Vitamin B12: 0.1µg (1.59%), Manganese: 0.03mg (1.46%), Vitamin A: 58.19IU (1.16%)