



## Quick Cloverleaf Rolls

READY IN



30 min.

SERVINGS



16

CALORIES



265 kcal

### Ingredients

- ☐ 32.6 ounce biscuits refrigerated canned
- ☐ 1 stick butter melted
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoon onion flakes
- ☐ 1 teaspoon poppy seeds
- ☐ 1 teaspoon sesame seed

### Equipment

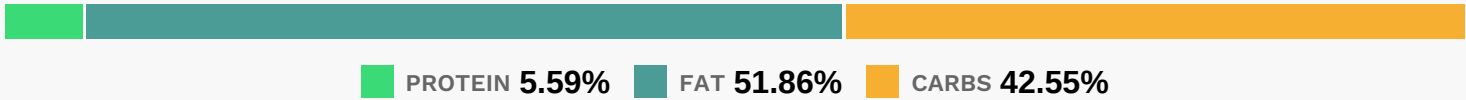
- ☐ bowl

- ☐ oven
- ☐ muffin tray
- ☐ kitchen scissors

## Directions

- ☐ Preheat the oven to 350 degrees F. Spray a 16-cup muffin pan with nonstick cooking spray.
- ☐ Using kitchen scissors, cut the biscuits into fourths.
- ☐ Pour the melted butter into a small bowl. Dip each biscuit piece in the butter, and place 3 pieces in each muffin cup.
- ☐ In another small bowl, combine the salt, pepper, onion flakes, poppy seeds and sesame seeds.
- ☐ Sprinkle the seasonings over the tops of the biscuits.
- ☐ Bake until golden brown, about 20 minutes.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:11.69, Glycemic Load:17.74, Inflammation Score:-3, Nutrition Score:6.4856521629769%

## Nutrients (% of daily need)

Calories: 264.56kcal (13.23%), Fat: 15.4g (23.7%), Saturated Fat: 5.09g (31.8%), Carbohydrates: 28.44g (9.48%), Net Carbohydrates: 27.58g (10.03%), Sugar: 2.14g (2.37%), Cholesterol: 15.76mg (5.25%), Sodium: 735.03mg (31.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Phosphorus: 253.62mg (25.36%), Vitamin B1: 0.25mg (16.75%), Selenium: 11.02µg (15.74%), Manganese: 0.26mg (13.13%), Iron: 1.96mg (10.9%), Folate: 41.45µg (10.36%), Vitamin B2: 0.17mg (10.12%), Vitamin B3: 1.95mg (9.75%), Vitamin E: 0.93mg (6.21%), Potassium: 139.7mg (3.99%), Vitamin A: 178.4IU (3.57%), Calcium: 35.35mg (3.53%), Fiber: 0.86g (3.45%), Copper: 0.06mg (2.96%), Vitamin K: 3.08µg (2.93%), Magnesium: 11.55mg (2.89%), Zinc: 0.32mg (2.11%), Vitamin B5: 0.19mg (1.88%), Vitamin B6: 0.03mg (1.71%), Vitamin B12: 0.09µg (1.55%)