



## Smoked-Gouda Rolls

READY IN



45 min.

SERVINGS



12

CALORIES



164 kcal

### Ingredients

- ☐ 3 cups bread all-purpose divided
- ☐ 1 tablespoon dijon mustard
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large egg white lightly beaten
- ☐ 3 ounces gouda cheese smoked shredded
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.8 cup milk 1% low-fat
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sesame seed

- ☐ 1 tablespoon sugar
- ☐ 0.3 cup warm water (105° to 115°)
- ☐ 1 tablespoon water

## Equipment

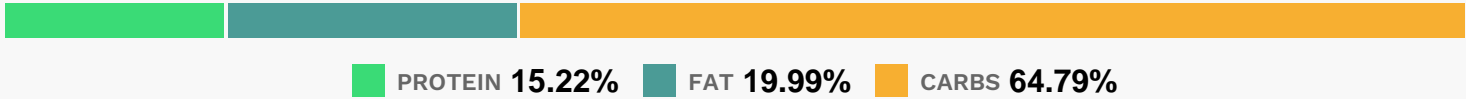
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ measuring cup

## Directions

- ☐ Dissolve yeast and sugar in warm water in a large bowl; let stand 5 minutes.
- ☐ Combine milk and margarine in a small saucepan over low heat; heat until margarine melts (do not boil).
- ☐ Remove from heat; stir in mustard. Cool milk mixture slightly. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine yeast mixture, milk mixture, flour, salt, and pepper in a food processor; process 1 minute. Turn dough out onto a lightly floured surface; knead 3 or 4 times.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk. Punch dough down; cover and let rest 5 minutes.
- ☐ Sprinkle with cheese; knead lightly.
- ☐ Divide dough into 12 equal portions. Working with 1 portion at a time (cover remaining dough to keep from drying), shape each portion into a 10-inch-long rope; tie loosely into a simple knot.
- ☐ Place knots on baking sheets coated with cooking spray. Cover and let rise 30 minutes or until doubled in bulk.
- ☐ Preheat oven to 37

- ☐ Uncover the dough.
- ☐ Combine 1 tablespoon water and egg white; brush over dough.
- ☐ Sprinkle with sesame seeds.
- ☐ Bake at 375 for 15 minutes or until golden brown.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:22.59, Glycemic Load:18.01, Inflammation Score:-4, Nutrition Score:6.5826087930118%

## Nutrients (% of daily need)

Calories: 163.63kcal (8.18%), Fat: 3.59g (5.52%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 26.19g (8.73%), Net Carbohydrates: 25.09g (9.12%), Sugar: 2.01g (2.24%), Cholesterol: 8.82mg (2.94%), Sodium: 191.29mg (8.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Vitamin B1: 0.33mg (21.69%), Selenium: 13.07µg (18.68%), Folate: 73.17µg (18.29%), Vitamin B2: 0.24mg (13.92%), Manganese: 0.23mg (11.53%), Vitamin B3: 2.13mg (10.64%), Phosphorus: 95.54mg (9.55%), Iron: 1.55mg (8.63%), Calcium: 77.93mg (7.79%), Fiber: 1.1g (4.4%), Zinc: 0.64mg (4.27%), Vitamin B12: 0.2µg (3.39%), Copper: 0.07mg (3.33%), Magnesium: 13.22mg (3.3%), Vitamin B5: 0.3mg (3.03%), Vitamin A: 120.13IU (2.4%), Potassium: 79.9mg (2.28%), Vitamin B6: 0.04mg (2.06%), Vitamin D: 0.2µg (1.32%)