



Sour Cream-Green Onion Fan Tans

READY IN



45 min.

SERVINGS



24

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.3 cups bread all-purpose divided
- ☐ 3 tablespoons butter divided melted
- ☐ 2.3 teaspoons yeast dry
- ☐ 0.5 cup green onions divided minced
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.8 cup milk 1% low-fat
- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar

- ☐ 0.3 cup warm water (105° to 115°)

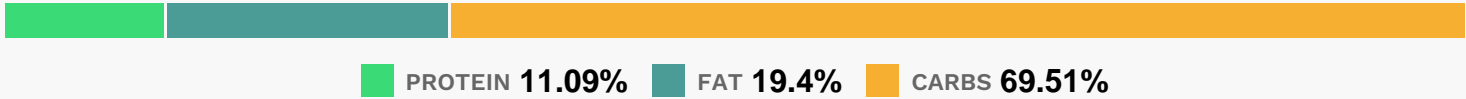
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Dissolve yeast and sugar in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with knife.
- ☐ Add 4 cups flour, milk, sour cream, salt, and cumin to yeast mixture, and stir until blended. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes), and add enough of the remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ 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, 1 hour or until doubled in bulk. Punch dough down; cover and let rest 5 minutes. Divide dough into 3 equal portions. Working with one portion at a time (cover remaining dough to keep from drying), roll each portion into a 12 x 9-inch rectangle on a lightly floured surface.
- ☐ Brush each with 1 1/2 teaspoons margarine, and sprinkle with about 2 1/2 tablespoons onions.
- ☐ Cut each rectangle lengthwise into 6 (1 1/2-inch) strips. Stack 6 strips, coated sides up, one on top of another.
- ☐ Cut each stack into 8 (1 1/2-inch) sections.
- ☐ Place each stacked section, cut sides down, in muffin cups coated with cooking spray.
- ☐ Brush remaining margarine over dough. Cover and let rise for 30 minutes or until doubled in bulk.
- ☐ Preheat oven to 400
- ☐ Bake at 400 for 17 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.59, Glycemic Load:12.37, Inflammation Score:-3, Nutrition Score:4.1430434740108%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 105.33kcal (5.27%), Fat: 2.24g (3.45%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 17.36g (6.31%), Sugar: 0.65g (0.72%), Cholesterol: 2.05mg (0.68%), Sodium: 121.41mg (5.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Vitamin B1: 0.21mg (14.25%), Folate: 49.36µg (12.34%), Selenium: 7.85µg (11.21%), Vitamin B2: 0.14mg (8.21%), Manganese: 0.16mg (7.89%), Vitamin B3: 1.45mg (7.25%), Iron: 1.11mg (6.17%), Vitamin K: 4.41µg (4.2%), Phosphorus: 38.25mg (3.82%), Fiber: 0.74g (2.95%), Vitamin A: 114.33IU (2.29%), Calcium: 22.2mg (2.22%), Copper: 0.04mg (1.84%), Magnesium: 7.12mg (1.78%), Vitamin B5: 0.17mg (1.66%), Zinc: 0.25mg (1.64%), Potassium: 55.98mg (1.6%), Vitamin B12: 0.07µg (1.12%), Vitamin B6: 0.02mg (1.06%)