



## Sourdough-Herb Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



201 kcal

### Ingredients

- ☐ 1 tablespoon basil fresh minced
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 tablespoon butter reduced-calorie
- ☐ 2 teaspoons sesame seed
- ☐ 4 ounce sourdough rolls

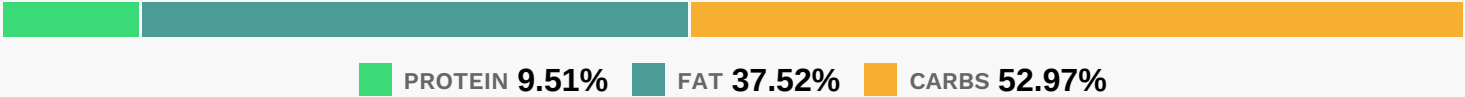
### Equipment

- ☐ baking sheet
- ☐ aluminum foil

## Directions

- ☐ Cut rolls in half horizontally.
- ☐ Spread margarine over cut sides of rolls, and sprinkle with remaining ingredients.
- ☐ Place rolls on a baking sheet, and broil 2 minutes or until golden.
- ☐ Let cool completely; wrap in foil.

## Nutrition Facts



## Properties

Glycemic Index:91.5, Glycemic Load:18.43, Inflammation Score:-2, Nutrition Score:3.7417390715817%

## Nutrients (% of daily need)

Calories: 200.99kcal (10.05%), Fat: 8.39g (12.91%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 25.54g (9.29%), Sugar: 3.47g (3.86%), Cholesterol: 0mg (0%), Sodium: 299.98mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Iron: 8.84mg (49.1%), Vitamin A: 303.32IU (6.07%), Fiber: 1.12g (4.48%), Copper: 0.09mg (4.32%), Vitamin K: 4.15µg (3.95%), Manganese: 0.06mg (3.13%), Calcium: 28.62mg (2.86%), Magnesium: 8.01mg (2%), Phosphorus: 15.53mg (1.55%), Vitamin E: 0.23mg (1.54%), Vitamin B1: 0.02mg (1.18%), Zinc: 0.17mg (1.12%), Selenium: 0.74µg (1.05%), Vitamin B6: 0.02mg (1.05%)