



Sun-Dried Tomato And Feta Rolls



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



41 kcal

Ingredients

- ☐ 1 large eggs beaten
- ☐ 4 ounce feta cheese crumbled
- ☐ 2 tablespoons butter light softened (such as Land O' Lakes)
- ☐ 0.5 cup sun-dried tomato sprinkles
- ☐ 1 cup water boiling
- ☐ 16 ounce roll mix hot
- ☐ 16 ounce roll mix hot

Equipment

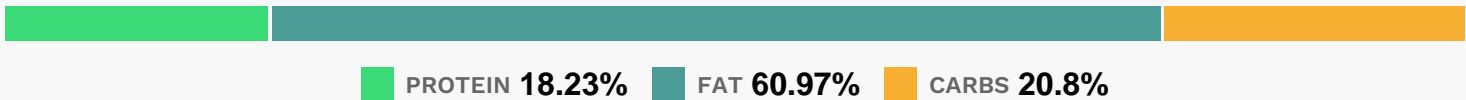
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ colander

Directions

- ☐ Pour boiling water over tomato sprinkles in a small bowl; let stand 10 minutes or until soft.
- ☐ Drain in a colander over a 1- cup glass measure, reserving liquid. If necessary, add water to reserved liquid to measure 1 cup; reheat liquid to 120 to 130
- ☐ Combine contents of hot roll mix and enclosed yeast packet in a large bowl; stir well.
- ☐ Add very warm reserved liquid, tomato sprinkles, butter, egg, and feta, stirring until dough pulls away from sides of bowl. Turn dough out onto a lightly floured surface; knead dough 2 minutes or until smooth and elastic.
- ☐ Place bowl over dough to cover; let rest 5 minutes.
- ☐ Divide dough into 16 equal portions, shaping each portion into a ball.
- ☐ Place on a baking sheet coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, 15 minutes or until doubled in bulk.
- ☐ Preheat oven to 375
- ☐ Bake at 375 for 19 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:2.3473913151285%

Nutrients (% of daily need)

Calories: 40.85kcal (2.04%), Fat: 2.89g (4.44%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 1.79g (0.65%), Sugar: 1.3g (1.45%), Cholesterol: 19.79mg (6.6%), Sodium: 90.28mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.89%), Vitamin B2: 0.09mg (5.42%), Phosphorus: 42.9mg (4.29%), Calcium: 41.76mg (4.18%), Potassium: 127.86mg (3.65%), Manganese: 0.07mg (3.32%), Selenium: 2.23µg (3.18%), Copper: 0.06mg (2.78%), Vitamin B12: 0.15µg (2.5%), Iron: 0.43mg (2.4%), Vitamin B6: 0.05mg (2.35%), Magnesium: 8.63mg (2.16%), Zinc: 0.32mg (2.13%), Vitamin A: 106.54IU (2.13%), Vitamin B1: 0.03mg (2.03%), Vitamin B3: 0.38mg (1.92%), Vitamin B5: 0.19mg (1.88%), Fiber: 0.42g (1.69%), Vitamin C: 1.35mg (1.63%), Vitamin K:

1.7µg (1.62%), Folate: 6.09µg (1.52%)