



A Nutrition Resource

Whole-Wheat Yogurt Rolls

Yield: 10 Servings | Serving Size: 1 roll

Ingredients:

- 1 ½ cups whole-wheat flour
- 1 ¾ teaspoons baking soda
- 1 teaspoon salt
- 1 ¼ cups low-fat plain yogurt



Directions:

- 1) Wash hands with soap and water.
- 2) Preheat oven to 450 degrees F.
- 3) Stir flour, baking soda, and salt together in a large bowl. Add yogurt to the center and stir until a dough forms.
- 4) Divide dough into 10 equal sized balls. Dust hands with flour and roll each ball lightly until surface is smoothed.
- 5) Place on baking sheet and flatten each ball to ½ inch thick.
- 6) Bake for 10 to 15 minutes, until light golden brown. Serve warm with a soup or salad.

Nutrition Facts

10 servings per container	
Serving size	1 roll (50g)
Amount per Serving	
Calories	80
% Daily Value*	
Total Fat 1g	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 470mg	20 %
Total Carbohydrate 15g	5 %
Dietary Fiber 2g	7 %
Total Sugars 2g	
Includes 0g Added Sugars	0 %
Protein 4g	
Vitamin D 0mcg	0 %
Calcium 62mg	4 %
Iron 1mg	6 %
Potassium 137mg	2 %
Vitamin A 4mcg	0 %
Vitamin C 0mg	0 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material is provided by Food Hero: <https://foodhero.org/recipes/whole-wheat-yogurt-rolls>

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