

APRICOTS

Almond-Orange-Apricot Crescent Rolls

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
20 min	5 min	15 min	8	\$0.69	172 kcal

If you have about 20 minutes to spend in the kitchen, Almond-Orange-Apricot Crescent Rolls might be an awesome dairy free recipe to try. This recipe serves 8. One portion of this dish contains around 4g of protein, 15g of fat, and a total of 270 calories.

Ingredients

- ☐ ¼ cup sliced almonds, 2-ounce sack from baking aisle
- ☐ 1 egg
- ☐ 1 tablespoon sesame seeds
- ☐ 8 servings Splash of water
- ☐ 1 package store bought crescent roll dough (recommended: Pillsbury brand)
- ☐ ¼ cup orange marmalade
- ☐ ¼ cup apricot preserves or all fruit spread

EQUIPMENT Bowl, Baking sheet, Oven, Microwave

Method

- 1 Preheat oven to package directions and roll out dough on a nonstick cookie sheet.
- 2 Cut and separate dough into perforated triangles.
- 3 Combine the apricot jam or fruit spread and the orange marmalade in a small bowl.
- 4 Place bowl in microwave and cook on HIGH 15 seconds to loosen the preserves. Beat egg with water to thin it out a little for an egg wash. Use the back of a teaspoon to spread a thin layer of apricot-orange jam across each piece of dough.

- 5 Roll crescents up, brush with a little egg wash and coat with sesame seeds and almonds.
- 6 Bake to package directions until deep golden in color.
- 7 Serve warm.

Nutrition per serving			
	172	3 g	24 g
	KCAL	PROTEIN	CARBS
Saturated Fat			2.9 g · 18% of daily needs
Fibre			0.6 g · 2% of daily needs
Sugar			12.2 g · 14% of daily needs
Sodium			250 mg · 11% of daily needs
Cholesterol			20.5 mg · 7% of daily needs
Vitamin C			1.1 mg · 1% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/almond-orange-apricot-crescent-rolls-148024