



Apricot-Orange Sweet Rolls

READY IN



45 min.

SERVINGS



24

CALORIES



153 kcal

Ingredients

- ☐ 25 ounce roll dough frozen thawed
- ☐ 0.3 cup butter melted
- ☐ 6 ounce apricots dried chopped
- ☐ 3 tablespoons orange juice fresh
- ☐ 1 tablespoon orange rind grated
- ☐ 2 cups powdered sugar
- ☐ 2 tablespoons sugar

Equipment

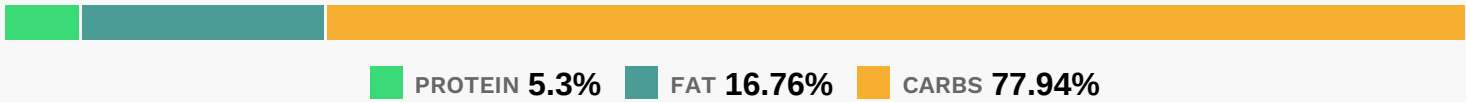
- ☐ oven

☐ plastic wrap

Directions

- ☐ Preheat oven to 20
- ☐ Place dough balls in 2 greased 9-inch round cakepans. Turn off oven. Cover dough balls with plastic wrap; let rise in oven 25 to 30 minutes or until doubled in bulk.
- ☐ Remove from oven.
- ☐ Remove and discard plastic wrap.
- ☐ Stir together apricots and next 3 ingredients.
- ☐ Sprinkle mixture evenly over dough in pans.
- ☐ Bake at 350 for 12 to 15 minutes or until golden brown. Cool.
- ☐ Stir together powdered sugar and orange juice.
- ☐ Drizzle evenly over rolls.
- ☐ Note: For testing purposes only, we used Rich's Enriched Homestyle
- ☐ Roll Dough.

Nutrition Facts



Properties

Glycemic Index:8.56, Glycemic Load:2.12, Inflammation Score:-2, Nutrition Score:1.1665217419681%

Flavonoids

Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 153.21kcal (7.66%), Fat: 2.83g (4.35%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 29.59g (9.86%), Net Carbohydrates: 28.46g (10.35%), Sugar: 14.74g (16.38%), Cholesterol: 5.08mg (1.69%), Sodium: 155.04mg (6.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Vitamin A: 319.82IU (6.4%), Fiber: 1.12g (4.5%), Potassium: 87.78mg (2.51%), Vitamin E: 0.36mg (2.42%), Vitamin C: 1.47mg (1.79%), Copper: 0.03mg (1.31%), Iron: 0.2mg (1.12%)