



Blooming Sweet Rolls

READY IN



35 min.

SERVINGS



10

CALORIES



1208 kcal

Ingredients

- 0.1 teaspoon almond extract
- 10 bread dough frozen thawed
- 1.5 teaspoons butter melted
- 1 cup powdered sugar
- 1 tablespoon milk
- 1 teaspoon mint jelly divided
- 3.5 teaspoons currant jelly divided

Equipment

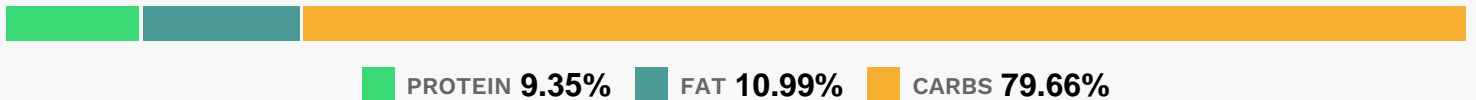
- bowl

- frying pan
- baking sheet
- oven
- whisk
- wire rack

Directions

- Place on roll in the center of a greased baking sheet. Shape six rolls into ovals; place around center roll, forming a flower. For stem, roll one of the remaining rolls into a 5-in. rope; place rope touching the flower. Shape remaining rolls into leaves; arrange on each side of stem. Cover and let rise in a warm place until doubled, about 30 minutes.
- With the end of a wood spoon handle, make an indentation in the center of each petal and flower center; fill with about 1/4 teaspoon currant jelly. Make an indentation in the center of each leaf; fill with about 1/4 teaspoon mint jelly.
- Bake at 350° for 15–20 minutes or until golden brown. Carefully remove from pan to a wire rack. Fill indentations with remaining jelly. In a small bowl, whisk the confectioners' sugar, milk, butter and extract; drizzle over warm sweet rolls.

Nutrition Facts



Properties

Glycemic Index:14.3, Glycemic Load:0.94, Inflammation Score:1, Nutrition Score:1.6678260452236%

Nutrients (% of daily need)

Calories: 1207.75kcal (60.39%), Fat: 13.84g (21.3%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 225.72g (75.24%), Net Carbohydrates: 216.91g (78.88%), Sugar: 13.2g (14.66%), Cholesterol: 1.79mg (0.6%), Sodium: 2123.06mg (92.31%), Alcohol: 0.02g (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.96%), Fiber: 8.8g (35.21%)