



Carolyn's Orange Rolls

 Vegetarian

READY IN



845 min.

SERVINGS



48

CALORIES



112 kcal

BREAD

Ingredients

- ☐ 3 tablespoons active yeast dry
- ☐ 14 tablespoons butter softened
- ☐ 2 eggs lightly beaten
- ☐ 6 cups flour all-purpose
- ☐ 2 cups scalded milk
- ☐ 3 tablespoons orange zest grated
- ☐ 2 teaspoons salt
- ☐ 0.7 cup warm water (110 degrees F/45 degrees C)

☐ 1 cup sugar white

Equipment

☐ bowl

☐ oven

☐ muffin liners

Directions

☐ In a small bowl, dissolve yeast in warm water.

☐ Let stand until creamy, about 10 minutes.

☐ Combine the diced butter, 1/2 cup sugar, and salt in a large bowl. Stir in the hot milk, and mix to dissolve the butter.

☐ Let stand until lukewarm.

☐ Mix the yeast, eggs, and flour into the milk mixture to form a sticky dough. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth, and let rise in the refrigerator for 8 hours or overnight.

☐ Remove dough from the refrigerator 2 to 2 1/2 hours before baking. Divide the dough into halves.

☐ Roll each half out on a lightly floured surface to 1/4 inch thick rectangle.

☐ Mix the softened butter, one cup sugar, and orange peel in a bowl.

☐ Spread over the dough.

☐ Roll up the dough along the long edge.

☐ Cut the rolls into one inch slices with dental floss.

☐ Place in greased muffin cups.

☐ Let rise until doubled in bulk.

☐ Bake in a preheated 400 degree F (205 degree C) oven for 10 to 15 minutes, or until golden brown.

Nutrition Facts



 PROTEIN **8.26%**  FAT **32.04%**  CARBS **59.7%**

Properties

Glycemic Index:4.86, Glycemic Load:11.72, Inflammation Score:-2, Nutrition Score:3.1056521599707%

Nutrients (% of daily need)

Calories: 112.09kcal (5.6%), Fat: 4g (6.15%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 16.76g (5.59%), Net Carbohydrates: 16.23g (5.9%), Sugar: 4.7g (5.22%), Cholesterol: 16.82mg (5.61%), Sodium: 130.27mg (5.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Vitamin B1: 0.16mg (10.48%), Folate: 35.54µg (8.89%), Selenium: 6.14µg (8.77%), Vitamin B2: 0.11mg (6.59%), Manganese: 0.11mg (5.43%), Vitamin B3: 1.04mg (5.2%), Iron: 0.77mg (4.27%), Phosphorus: 33.42mg (3.34%), Vitamin A: 129.99IU (2.6%), Fiber: 0.53g (2.12%), Calcium: 17.73mg (1.77%), Vitamin B5: 0.17mg (1.75%), Zinc: 0.2mg (1.33%), Vitamin B12: 0.08µg (1.31%), Copper: 0.03mg (1.31%), Magnesium: 5.21mg (1.3%), Potassium: 38.76mg (1.11%), Vitamin B6: 0.02mg (1.04%)