



Chocolate Rolls

READY IN



265 min.

SERVINGS



20

CALORIES



178 kcal

DESSERT

Ingredients

- ☐ 8 oz bittersweet chocolate baking bars chopped
- ☐ 20 servings breakfast bread dough
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup granulated sugar
- ☐ 2 teaspoons ground cinnamon
- ☐ 20 servings vanilla-orange glaze

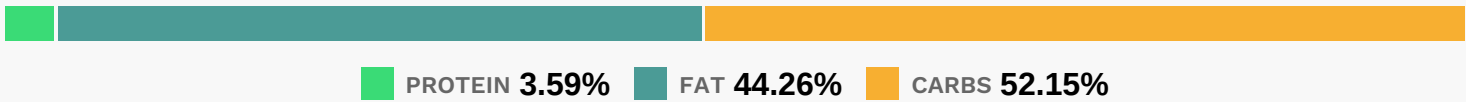
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ serrated knife

Directions

- ☐ Turn Breakfast Bread Dough out onto a lightly floured surface, and knead 3 or 4 times.
- ☐ Roll into a 20- x 14-inch rectangle.
- ☐ Spread with softened butter, leaving a 1-inch border on all sides.
- ☐ Stir together granulated sugar and next 2 ingredients.
- ☐ Sprinkle sugar mixture over butter.
- ☐ Sprinkle chocolate over sugar.
- ☐ Roll dough up tightly, starting at 1 long side; cut into 16 slices using a serrated knife.
- ☐ Place rolls, cut sides down, in a lightly greased 13- x 9-inch pan.
- ☐ Cover and let stand 1 hour.
- ☐ Preheat oven to 35
- ☐ Uncover rolls, and bake 25 to 30 minutes or until golden brown. Cool in pan on a wire rack 10 minutes.
- ☐ Drizzle rolls with Vanilla-Orange Glaze, and serve immediately.
- ☐ To make ahead: Prepare recipe through Step Cover and chill 8 to 24 hours.
- ☐ Let stand 1 hour and 30 minutes. Proceed as directed in Step

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:5.93, Inflammation Score:-5, Nutrition Score:6.8213043316551%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 178.46kcal (8.92%), Fat: 9.1g (14%), Saturated Fat: 5.43g (33.93%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 20.92g (7.61%), Sugar: 19.47g (21.63%), Cholesterol: 12.88mg (4.29%), Sodium: 43.41mg (1.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 1.66g (3.32%), Vitamin C: 47.89mg (58.05%), Fiber: 3.19g (12.77%), Manganese: 0.21mg (10.51%), Copper: 0.18mg (9.23%), Magnesium: 29.52mg (7.38%), Vitamin A: 350.58IU (7.01%), Folate: 27.22µg (6.8%), Potassium: 234.36mg (6.7%), Vitamin B1: 0.08mg (5.48%), Calcium: 49.47mg (4.95%), Iron: 0.85mg (4.73%), Phosphorus: 43.72mg (4.37%), Vitamin B6: 0.06mg (2.99%), Vitamin B5: 0.27mg (2.71%), Vitamin B2: 0.04mg (2.6%), Zinc: 0.37mg (2.49%), Vitamin E: 0.37mg (2.43%), Selenium: 1.53µg (2.18%), Vitamin B3: 0.36mg (1.79%), Vitamin K: 1.28µg (1.22%)