Citrus-Pecan Rolls

Vegetarian

READY IN	SERVINGS	CALORIES
45 min.	60	79 kcal

Ingredients

- [ ] 0.5 cup butter melted
- [ ] 2 cups granulated sugar
- [ ] 2 tablespoons juice of lime
- [ ] 0.3 cup lime rind grated
- [ ] 0.3 cup orange juice fresh
- [ ] 0.5 cup orange rind grated
- [ ] 2 tablespoons orange rind grated
- [ ] 1.5 cups pecans toasted finely chopped
- [ ] 2.5 cups powdered sugar

- [ ] 1 recipe easy yeast rolls dough

Equipment

- [ ] oven

Directions

- [ ] Combine 2 cups granulated sugar, 1/2 cup grated orange rind, and 1/4 cup grated lime rind, and set aside.
- [ ] Prepare 1 recipe Easy Yeast
- [ ] Roll dough, letting it rise once for 1 hour. Turn dough out on a lightly floured surface; knead 5 or 6 times. Divide dough in half.
- [ ] Roll each dough portion on a lightly floured surface into an 18- x 24-inch rectangle.
- [ ] Brush dough rectangles with 1/4 cup melted butter each.
- [ ] Spread half of granulated sugar mixture evenly over 1 dough rectangle; sprinkle with half of pecans.
- [ ] Cut dough rectangle in half crosswise, forming 2 (18- x 12-inch) rectangles; roll up each jellyroll fashion, starting at long edges. Repeat procedure with second dough rectangle.
- [ ] Cut each dough log into 16 (1 1/4-inch-thick) slices.
- [ ] Place slices in lightly greased 8-inch round cakepan (12 rolls per cakepan).
- [ ] Let rise, uncovered, in a warm place 1 hour or until doubled in size.
- [ ] Bake at 375 for 15 to 18 minutes or until lightly browned. Cool slightly in pans.
- [ ] Stir together powdered sugar and remaining ingredients until blended.
- [ ] Drizzle powdered sugar mixture evenly over warm rolls, and serve immediately.

Nutrition Facts

PROTEIN **1.6%** FAT **36.82%** CARBS **61.58%**

Properties

Glycemic Index:3.57, Glycemic Load:4.73, Inflammation Score:-1, Nutrition Score:0.96565217055056%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 79.42kcal (3.97%), Fat: 3.39g (5.21%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 12.36g (4.49%), Sugar: 11.76g (13.06%), Cholesterol: 4.07mg (1.36%), Sodium: 16.14mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Manganese: 0.12mg (5.97%), Vitamin C: 2.17mg (2.63%), Copper: 0.03mg (1.67%), Fiber: 0.39g (1.54%), Vitamin B1: 0.02mg (1.46%), Vitamin A: 55.38IU (1.11%)