



Coconut-Orange Rolls

 Vegetarian

READY IN



30 min.

SERVINGS



1

CALORIES



3773 kcal

BREAD

Ingredients

- 0.3 oz active yeast dry
- 8 tablespoons butter divided melted
- 2 large eggs
- 3 cups flour all-purpose
- 1 cup domino granulated sugar divided
- 1 serving orange glaze
- 2 tablespoons orange rind grated
- 1 teaspoon salt

- 0.5 cup cup heavy whipping cream sour
- 1 cup coconut or sweetened divided flaked toasted
- 0.3 cup warm water (100° to 110°)

Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- measuring cup

Directions

- Combine yeast and 1/4 cup warm water in a 1-cup glass measuring cup; let stand 5 minutes.
- Stir together yeast mixture, 1/4 cup sugar, 6 Tbsp. melted butter, and next 3 ingredients in a large bowl. Gradually stir in flour, making a stiff dough. Cover and let rise in a warm place (85), free from drafts, 2 hours or until doubled in bulk.
- Combine 3/4 cup coconut, orange rind, and remaining 3/4 cup sugar in a small bowl.
- Turn dough out onto a well-floured surface, and knead 15 to 16 times or until smooth and elastic. Divide dough into 2 equal portions.
- Roll 1 dough portion into a 12-inch circle; brush with 1 Tbsp. melted butter, and sprinkle with half of coconut mixture.
- Cut into 12 equal wedges. Repeat procedure with remaining dough portion.
- Roll up wedges, starting at wide end, to form a crescent shape.
- Place rolls, point sides down, in 3 rows in a 13- x 9-inch baking dish coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- Bake at 350 for 25 to 30 minutes or until golden.
- Remove from oven, and place on a wire rack.
- Spread Orange Glaze evenly over hot rolls in pan, and sprinkle with remaining 1/4 cup coconut.
- Serve immediately.

Nutrition Facts

PROTEIN 6.46% FAT 35.7% CARBS 57.84%

Properties

Glycemic Index:237.59, Glycemic Load:350.28, Inflammation Score:-10, Nutrition Score:60.941739538442%

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: 3773.31kcal (188.67%), Fat: 151.44g (232.98%), Saturated Fat: 95.42g (596.38%), Carbohydrates: 552.04g (184.01%), Net Carbohydrates: 528.17g (192.06%), Sugar: 244.67g (271.85%), Cholesterol: 680.65mg (226.88%), Sodium: 3481.97mg (151.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.65g (123.29%), Vitamin B1: 3.9mg (259.83%), Selenium: 179.22µg (256.03%), Folate: 942.5µg (235.63%), Manganese: 3.47mg (173.6%), Vitamin B2: 2.92mg (171.87%), Vitamin B3: 26.17mg (130.86%), Iron: 21mg (116.64%), Fiber: 23.88g (95.51%), Phosphorus: 862.55mg (86.25%), Vitamin A: 4308.23IU (86.16%), Vitamin C: 65.26mg (79.1%), Vitamin B5: 5.04mg (50.45%), Copper: 0.99mg (49.56%), Magnesium: 167.71mg (41.93%), Zinc: 5.69mg (37.91%), Potassium: 1277.23mg (36.49%), Calcium: 327.29mg (32.73%), Vitamin E: 4.5mg (30.02%), Vitamin B6: 0.59mg (29.62%), Vitamin B12: 1.33µg (22.11%), Vitamin D: 2µg (13.33%), Vitamin K: 11.02µg (10.49%)