



Dad's Orange Cardamom Breakfast Rolls

 Vegetarian  Dairy Free

READY IN



200 min.

SERVINGS



12

CALORIES



234 kcal

BREAD

Ingredients

- 2 cups bread flour
- 2 teaspoons bread machine yeast
- 0.8 cup brown sugar packed
- 1 teaspoon ground cardamom
- 0.3 cup honey
- 1 large cranberry-orange relish
- 1 teaspoon salt
- 0.8 cup cranberries dried sweetened

- 1 tablespoon vegetable oil
- 1 cup flour whole wheat

Equipment

- frying pan
- oven
- wire rack
- blender
- baking pan
- bread machine

Directions

- Zest the orange; set zest aside. Peel and seed orange; cut orange fruit into chunks.
- Combine zest and fruit in a blender and puree.
- Pour orange pulp into bread machine pan.
- Add honey, oil, white flour, wheat flour, salt, and yeast to the orange pulp. Select dough setting, and start the bread machine. Adjust consistency with orange juice or flour as needed to achieve a soft pliable dough.
- When dough cycle is complete divide dough into 2 or 3 pieces.
- Roll out to a thickness of 1/4 inch.
- Sprinkle with brown sugar, cardamom, and dried cranberries.
- Roll up dough with goodies inside, and slice 1 to 2 inches thick.
- Place rolls in a baking pan coated with non-stick spray. Allow enough room between the rolls so that they rise properly.
- Let rise in a warm spot for approximately 1 hour.
- Bake in a preheated 375 degrees F (190 degrees C) oven for 20 to 25 minutes.
- Remove from pan, and place on wire rack.
- Serve warm.

Nutrition Facts



■ PROTEIN 7.19% ■ FAT 7.05% ■ CARBS 85.76%

Properties

Glycemic Index:13.9, Glycemic Load:14.45, Inflammation Score:-2, Nutrition Score:6.5539131375921%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Hesperetin: 4.18mg, Hesperetin: 4.18mg, Hesperetin: 4.18mg, Hesperetin: 4.18mg Naringenin: 2.35mg, Naringenin: 2.35mg, Naringenin: 2.35mg, Naringenin: 2.35mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 233.83kcal (11.69%), Fat: 1.9g (2.93%), Saturated Fat: 0.28g (1.78%), Carbohydrates: 52.09g (17.36%), Net Carbohydrates: 49.46g (17.99%), Sugar: 28.11g (31.23%), Cholesterol: 0mg (0%), Sodium: 199.46mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Manganese: 0.66mg (33.08%), Selenium: 14.88µg (21.26%), Vitamin B1: 0.17mg (11.46%), Fiber: 2.63g (10.5%), Vitamin C: 8.26mg (10.01%), Folate: 35.42µg (8.86%), Phosphorus: 65.12mg (6.51%), Magnesium: 23mg (5.75%), Vitamin B3: 1.15mg (5.74%), Copper: 0.1mg (5.24%), Vitamin B2: 0.07mg (4.35%), Iron: 0.77mg (4.29%), Vitamin B6: 0.08mg (4.05%), Zinc: 0.56mg (3.72%), Potassium: 121.53mg (3.47%), Vitamin B5: 0.34mg (3.42%), Vitamin E: 0.43mg (2.89%), Vitamin K: 2.92µg (2.78%), Calcium: 26.32mg (2.63%)