

Easy Orange Rolls

READY IN



40 min.

SERVINGS



16

CALORIES



375 kcal

Ingredients

- 30 ounces grands flaky refrigerator biscuits refrigerated
- 0.5 cup butter cubed
- 0.3 cup orange juice
- 2 tablespoons orange zest grated
- 1 cup sugar

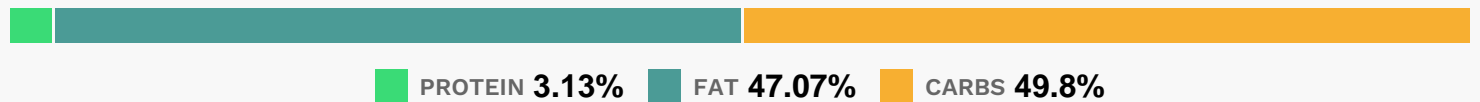
Equipment

- frying pan
- sauce pan
- oven

Directions

- In a small saucepan, combine the sugar, butter, orange juice and peel.
- Heat until sugar is dissolved and butter is melted.
- Pour into a greased 10-in. fluted tube pan.
- Place 12 biscuits on their sides along the perimeter of the pan, overlapping slightly. Arrange remaining biscuits in the same manner, creating two concentric rings, using 10 biscuits for the middle ring and eight biscuits for the inside ring.
- Bake at 350° for 25–30 minutes or until golden brown. Immediately turn upside down onto serving platter.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:14.76, Glycemic Load:30.2, Inflammation Score:-3, Nutrition Score:4.887391311319%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 374.68kcal (18.73%), Fat: 19.73g (30.35%), Saturated Fat: 7.95g (49.71%), Carbohydrates: 46.96g (15.65%), Net Carbohydrates: 46.18g (16.79%), Sugar: 24.29g (26.98%), Cholesterol: 15.25mg (5.08%), Sodium: 233.44mg (10.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.91%), Vitamin B1: 0.19mg (12.83%), Manganese: 0.23mg (11.43%), Folate: 44.66µg (11.16%), Vitamin B2: 0.17mg (10.21%), Vitamin E: 1.47mg (9.77%), Iron: 1.61mg (8.92%), Vitamin B3: 1.77mg (8.84%), Vitamin K: 6.35µg (6.05%), Selenium: 3.45µg (4.93%), Vitamin A: 233.89IU (4.68%), Phosphorus: 37.6mg (3.76%), Vitamin C: 2.96mg (3.58%), Fiber: 0.78g (3.11%), Copper: 0.05mg (2.56%), Magnesium: 8.17mg (2.04%), Vitamin B6: 0.04mg (2.04%), Zinc: 0.27mg (1.81%), Vitamin B5: 0.18mg (1.79%), Potassium: 58.07mg (1.66%), Calcium: 10.37mg (1.04%)