



Easy Orange Rolls

READY IN



15 min.

SERVINGS



15

CALORIES



149 kcal

Ingredients

- 11 oz bread dough refrigerated french canned
- 0.3 cup firmly brown sugar light packed
- 1 tablespoon butter melted
- 8 oz cream cheese softened
- 2 tablespoons granulated sugar
- 1 tablespoon orange juice
- 1.5 teaspoons orange zest
- 0.5 cup powdered sugar

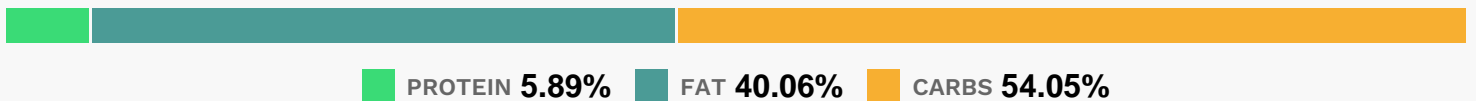
Equipment

- bowl
- oven
- hand mixer
- cake form

Directions

- Preheat oven to 37
- Beat cream cheese, light brown sugar, and orange zest at medium speed with an electric mixer until smooth. Unroll French bread dough onto a lightly floured surface.
- Spread cream cheese mixture over dough, leaving a 1/4-inch border.
- Sprinkle with granulated sugar. Gently roll up dough, starting at 1 long side.
- Cut into 11 (1 1/4-inch) slices.
- Place slices in a lightly greased 8-inch round cake pan.
- Brush top of dough with melted butter.
- Bake 25 to 30 minutes or until golden. Stir together powdered sugar and orange juice in a small bowl until smooth.
- Drizzle over hot rolls.
- Serve immediately.
- For testing purposes only, we used Pillsbury Crusty French Loaf.

Nutrition Facts



Properties

Glycemic Index:13.27, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:0.95391305212093%

Flavonoids

Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 148.93kcal (7.45%), Fat: 6.57g (10.12%), Saturated Fat: 3.53g (22.09%), Carbohydrates: 19.96g (6.65%),
Net Carbohydrates: 19.53g (7.1%), Sugar: 9.73g (10.81%), Cholesterol: 17.28mg (5.76%), Sodium: 152.39mg (6.63%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.35%), Vitamin A: 229.49IU (4.59%), Vitamin B2: 0.04mg
(2.16%), Selenium: 1.39µg (1.99%), Calcium: 18.44mg (1.84%), Fiber: 0.43g (1.72%), Phosphorus: 16.78mg (1.68%),
Vitamin C: 0.84mg (1.02%), Vitamin E: 0.15mg (1.02%)