



Grandma's Orange Rolls with Orange Cream Cheese Frosting

READY IN



155 min.

SERVINGS



30

CALORIES



173 kcal

BREAD

Ingredients

- 0.3 ounce active yeast dry
- 3 tablespoons butter softened
- 2 cups confectioners' sugar
- 8 ounce cream cheese softened
- 1 eggs lightly beaten
- 3.8 cups flour all-purpose or as needed
- 0.3 cup warm milk (105 - 115 degrees F; 40 - 45 degrees C)
- 0.8 cup warm orange juice (105 - 115 degrees F; 40 - 45 degrees C)

- 3 tablespoons orange juice
- 2 teaspoons orange zest
- 1 teaspoon salt
- 0.3 cup shortening
- 0.3 cup warm water (105 - 115 degrees F; 40 - 45 degrees C)
- 1 cup sugar white

Equipment

- bowl
- baking sheet
- oven
- plastic wrap

Directions

- Dissolve yeast in warm water and warm orange juice in a bowl.
- Let stand until yeast softens and begins to form a creamy foam, about 5 minutes.
- Beat warm milk, shortening, 1/4 cup white sugar, egg, and salt together in a separate bowl. Stir yeast mixture into milk mixture.
- Add enough flour to mixture to create a soft dough. Turn dough onto a lightly floured surface; knead until smooth and elastic, 6 to 8 minutes.
- Grease a large bowl and two 11x7x2-inch baking sheets.
- Place dough in the greased bowl and turn dough to coat all sides. Cover bowl with plastic wrap or a clean towel and let rise in a warm place until dough is doubled in size, about 1 hour.
- Punch dough down and divide in half.
- Roll each half on a lightly floured surface creating 2 15x10-inch rectangles.
- Mix 1 cup white sugar, 1/2 cup softened butter, and 2 tablespoons orange zest in a bowl until smooth; spread half the filling onto each dough rectangle.
- Roll each rectangle around the filling, jelly roll-style, starting with the long end creating a log.
- Cut each log into 15 rolls.

- Arrange rolls on the prepared baking sheets. Cover baking sheets with plastic wrap and let rolls rise until doubled in size, about 45 minutes.
- Preheat oven to 375 degrees F (190 degrees C).
- Remove plastic wrap from baking sheets.
- Bake rolls in the preheated oven until lightly browned, 20 to 25 minutes.
- Beat confectioners' sugar, cream cheese, 3 tablespoons softened butter, orange juice, and 2 teaspoons orange zest in a bowl until frosting is smooth.
- Spread frosting on the warm rolls.

Nutrition Facts



Properties

Glycemic Index:12.14, Glycemic Load:13.85, Inflammation Score:-2, Nutrition Score:3.4578260895999%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 173.03kcal (8.65%), Fat: 5.86g (9.01%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 28.02g (9.34%), Net Carbohydrates: 27.51g (10%), Sugar: 15.57g (17.3%), Cholesterol: 16.35mg (5.45%), Sodium: 114.02mg (4.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (4.99%), Vitamin B1: 0.16mg (10.65%), Folate: 37.94µg (9.49%), Selenium: 6.57µg (9.38%), Vitamin B2: 0.12mg (7.02%), Manganese: 0.11mg (5.53%), Vitamin B3: 1.06mg (5.3%), Vitamin C: 4.13mg (5.01%), Iron: 0.79mg (4.4%), Phosphorus: 33.13mg (3.31%), Vitamin A: 164.09IU (3.28%), Fiber: 0.52g (2.06%), Vitamin B5: 0.2mg (2.02%), Copper: 0.03mg (1.55%), Vitamin E: 0.23mg (1.54%), Calcium: 14.76mg (1.48%), Potassium: 50.76mg (1.45%), Magnesium: 5.61mg (1.4%), Zinc: 0.2mg (1.34%), Vitamin K: 1.23µg (1.17%), Vitamin B6: 0.02mg (1.09%)