



Grandma's Orange Rolls with Orange Cream Cheese Frosting

 Gluten Free

READY IN



155 min.

SERVINGS



30

CALORIES



116 kcal

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 3 tablespoons butter softened
- ☐ 2 cups confectioners' sugar
- ☐ 8 ounce cream cheese softened
- ☐ 1 eggs lightly beaten
- ☐ 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

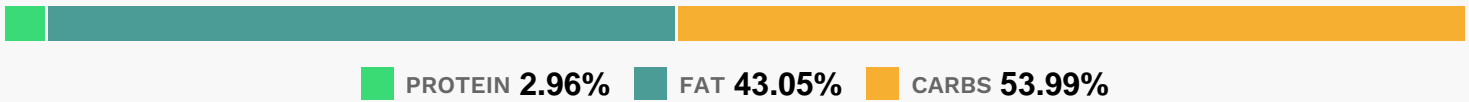
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

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:9.64, Glycemic Load:5.22, Inflammation Score:-1, Nutrition Score:1.3130434887565%

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: 116.16kcal (5.81%), Fat: 5.7g (8.78%), Saturated Fat: 2.76g (17.26%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 16.01g (5.82%), Sugar: 15.53g (17.25%), Cholesterol: 16.35mg (5.45%), Sodium: 113.71mg (4.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin C: 4.13mg (5.01%), Vitamin A: 164.09IU (3.28%), Vitamin B1: 0.04mg (2.48%), Vitamin B2: 0.04mg (2.48%), Folate: 9.35µg (2.34%), Selenium: 1.27µg (1.81%), Phosphorus: 16.26mg (1.63%), Vitamin E: 0.22mg (1.48%), Vitamin B5: 0.13mg (1.34%), Calcium: 12.42mg (1.24%), Vitamin K: 1.18µg (1.13%)