

High Five Orange Rolls

 Vegetarian

READY IN



695 min.

SERVINGS



18

CALORIES



317 kcal

Ingredients

- ☐ 1 tablespoon active yeast dry
- ☐ 5 cups bread flour
- ☐ 0.5 cup butter softened
- ☐ 2 cups confectioners' sugar
- ☐ 8 ounce cream cheese softened
- ☐ 1 eggs beaten
- ☐ 0.3 cup vanilla pudding mix instant
- ☐ 1 cup warm milk
- ☐ 2 tablespoons milk as needed

- ☐ 2 teaspoons orange extract
- ☐ 0.5 cup orange juice
- ☐ 2 tablespoons orange zest grated
- ☐ 1 teaspoon salt
- ☐ 0.5 cup warm water
- ☐ 0.8 cup sugar white

Equipment

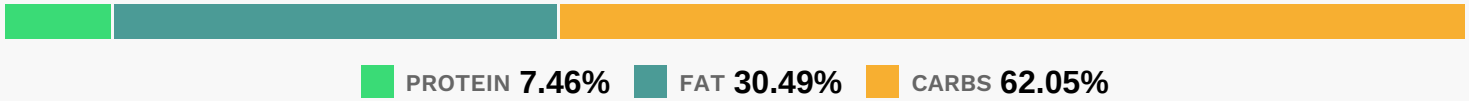
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Sprinkle 1 tablespoon white sugar and the yeast over the warm milk and warm water in a bowl.
- ☐ Let stand until the yeast softens and begins to form a creamy foam, about 5 minutes.
- ☐ Mix in the egg, 1/2 cup orange juice, melted butter, vanilla pudding mix, and 1 tablespoon orange extract. Stir in 5 cups bread flour and salt.
- ☐ Add more bread flour if the dough is too sticky. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, 8 to 10 minutes.
- ☐ Place the dough in an oiled bowl and cover with a clean cloth. Allow the dough to rise in a warm place until doubled in size, about 1 1/2 hours.
- ☐ Combine 1/2 cup softened butter with the orange zest and 1 teaspoon orange extract in a small bowl until smooth. Set aside. Grease a baking sheet, or cover with parchment paper.
- ☐ Turn the dough out on a floured surface and roll out into a 24x12-inch rectangle.
- ☐ Spread the butter mixture evenly over the dough, then sprinkle with 3/4 cup white sugar.
- ☐ Roll up the dough, beginning with the long side.
- ☐ Cut the dough into 18 1 1/2-inch rolls. Arrange the rolls cut-side up on prepared baking sheet. Cover with plastic wrap and refrigerate overnight.

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Remove the plastic wrap from the rolls and allow them to rise in a warm place for 30 minutes.
- ☐ Bake in the preheated oven until golden brown, 25 to 30 minutes. Allow rolls to cool slightly before frosting.
- ☐ While the rolls are baking, cream together the cream cheese and 1/2 cup softened butter until smooth. Stir in the confectioners' sugar and 2 teaspoons orange extract. Stir in milk, a little at a time, until frosting is smooth and spreadable.
- ☐ Spread the frosting over the slightly cooled rolls.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:22.96, Inflammation Score:-3, Nutrition Score:4.8826086339743%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 316.86kcal (15.84%), Fat: 10.8g (16.62%), Saturated Fat: 6.23g (38.97%), Carbohydrates: 49.48g (16.49%), Net Carbohydrates: 48.5g (17.64%), Sugar: 23.5g (26.12%), Cholesterol: 37.2mg (12.4%), Sodium: 222.07mg (9.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.89%), Selenium: 16.14µg (23.05%), Manganese: 0.28mg (14.03%), Vitamin A: 381.92IU (7.64%), Phosphorus: 71.62mg (7.16%), Vitamin B2: 0.1mg (5.87%), Folate: 21.4µg (5.35%), Vitamin C: 4.35mg (5.27%), Vitamin B1: 0.07mg (4.8%), Calcium: 41.44mg (4.14%), Fiber: 0.98g (3.92%), Copper: 0.07mg (3.74%), Vitamin B5: 0.37mg (3.71%), Magnesium: 13.15mg (3.29%), Zinc: 0.48mg (3.22%), Vitamin E: 0.43mg (2.87%), Potassium: 96.91mg (2.77%), Vitamin B3: 0.5mg (2.51%), Vitamin B12: 0.14µg (2.38%), Iron: 0.41mg (2.27%), Vitamin B6: 0.04mg (2.04%), Vitamin D: 0.22µg (1.44%)