



Lemon-Orange Rolls



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



1

CALORIES



1896 kcal

Ingredients

- ☐ 0.3 cup butter divided softened
- ☐ 0.7 cup granulated sugar
- ☐ 1 tablespoon lemon zest
- ☐ 0.3 cup orange juice
- ☐ 2 tablespoons orange zest
- ☐ 2 cups powdered sugar
- ☐ 16 oz roll mix hot
- ☐ 16 oz roll mix hot

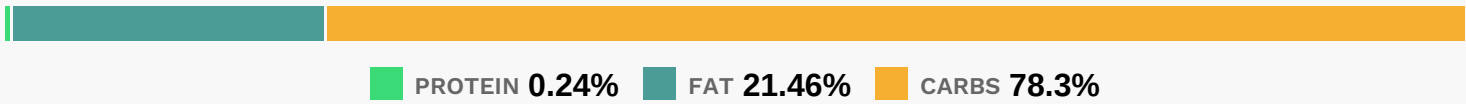
Equipment

☐ oven

Directions

- ☐ Prepare roll mix according to package directions. Divide dough into 2 equal portions.
- ☐ Roll 1 portion of dough into a 12- x 8-inch rectangle on a lightly floured surface.
- ☐ Spread with 2 Tbsp. butter.
- ☐ Stir together granulated sugar and next 2 ingredients; sprinkle half of sugar mixture over butter on dough rectangle.
- ☐ Roll up rectangle, jelly-roll fashion, starting at 1 long side. Repeat procedure with remaining dough, butter, and sugar mixture.
- ☐ Cut each roll into 1/2-inch slices, and place slices in cups of 4 lightly greased 12-cup miniature muffin pans. Cover and let rise in a warm place (85), free from drafts, 20 minutes.
- ☐ Preheat oven to 37
- ☐ Bake rolls 10 to 12 minutes or until golden.
- ☐ Remove from pans to wire racks, and let cool 5 minutes.
- ☐ Stir together powdered sugar and orange juice until smooth; drizzle over tops of rolls.
- ☐ Note: We tested with Pillsbury Specialty
- ☐ Mix Hot
- ☐ Roll
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:172.09, Glycemic Load:96.39, Inflammation Score:-7, Nutrition Score:7.665652083314%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 1896.19kcal (94.81%), Fat: 46.62g (71.72%), Saturated Fat: 29.19g (182.43%), Carbohydrates: 382.76g (127.59%), Net Carbohydrates: 380.73g (138.45%), Sugar: 373.28g (414.75%), Cholesterol: 122.01mg (40.67%), Sodium: 372.38mg (16.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Vitamin C: 55.06mg (66.74%), Vitamin A: 1595.58IU (31.91%), Vitamin E: 1.39mg (9.24%), Fiber: 2.03g (8.13%), Vitamin B2: 0.12mg (7.32%), Folate: 24.68µg (6.17%), Calcium: 51.53mg (5.15%), Potassium: 180.13mg (5.15%), Vitamin B1: 0.08mg (5.11%), Selenium: 3.03µg (4.33%), Vitamin K: 4.03µg (3.84%), Copper: 0.07mg (3.5%), Vitamin B6: 0.06mg (2.9%), Magnesium: 11.49mg (2.87%), Phosphorus: 27.4mg (2.74%), Iron: 0.49mg (2.72%), Vitamin B5: 0.26mg (2.58%), Vitamin B3: 0.4mg (2.02%), Vitamin B12: 0.1µg (1.61%), Manganese: 0.02mg (1.18%), Zinc: 0.16mg (1.1%)