



Orange Breakfast Ring

READY IN



40 min.

SERVINGS



16

CALORIES



194 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 16 servings almonds sliced
- 0.5 cup powdered sugar
- 8 ounces cream cheese softened
- 1 tablespoon orange juice
- 1 tablespoon orange zest grated
- 16 ounces regular crescent rolls refrigerated
- 0.5 cup sugar

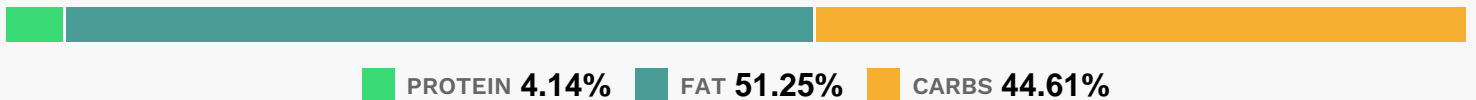
Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack
- kitchen scissors

Directions

- In a small bowl, beat the cream cheese, sugar and orange peel until blended; set aside.
- Unroll both tubes of dough; press perforations and seams together to form two rectangles. Overlap rectangles at one end and press the seam to seal.
- Spread cream cheese mixture over dough to within 1/2 in. of edges.
- Sprinkle with the chopped almonds.
- Roll up jelly-roll style, starting with a long side; pinch seam to seal.
- Place seam side down on a greased baking sheet; pinch ends together to form a ring. With scissors, cut from outside edge two-thirds of the way toward center of ring at 1-in. intervals. Separate strips slightly; twist to allow filling to show.
- Bake at 350° for 15–18 minutes or until golden brown. Cool for 10 minutes before carefully removing from pan to a wire rack.
- Combine confectioners' sugar and orange juice; drizzle over warm coffee cake.
- Garnish with sliced almonds.

Nutrition Facts



Properties

Glycemic Index:9.94, Glycemic Load:4.64, Inflammation Score:-1, Nutrition Score:1.1773913010307%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin:

0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 194.12kcal (9.71%), Fat: 11.49g (17.68%), Saturated Fat: 5.45g (34.08%), Carbohydrates: 22.51g (7.5%), Net Carbohydrates: 22.34g (8.12%), Sugar: 13.41g (14.9%), Cholesterol: 14.32mg (4.77%), Sodium: 267.22mg (11.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin A: 194.08IU (3.88%), Vitamin B2: 0.05mg (2.74%), Vitamin E: 0.38mg (2.53%), Iron: 0.42mg (2.34%), Phosphorus: 20.24mg (2.02%), Selenium: 1.32µg (1.89%), Calcium: 17.26mg (1.73%), Vitamin C: 1.04mg (1.26%), Manganese: 0.03mg (1.25%), Magnesium: 4.18mg (1.04%)