

Orange Bubble Bread

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

153 kcal

Ingredients

- ☐ 4 cups bread flour
- ☐ 2.5 teaspoons bread-machine yeast
- ☐ 0.3 cup butter
- ☐ 0.3 cup butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup milk 2% reduced-fat
- ☐ 1 tablespoon orange juice

- ☐ 2 tablespoons orange rind grated
- ☐ 0.5 cup powdered sugar
- ☐ 1 teaspoon salt
- ☐ 0.3 cup water

Equipment

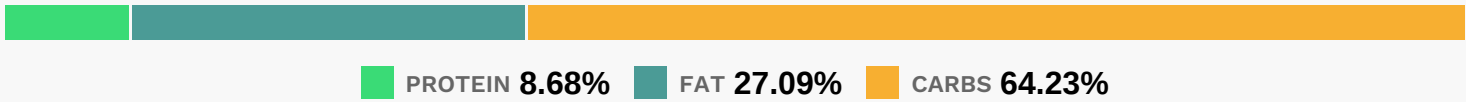
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ microwave
- ☐ measuring cup
- ☐ bread machine

Directions

- ☐ Combine first 5 ingredients in a 2-cup glass measure. Microwave at HIGH for 3 minutes. Cool 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife. Follow manufacturer's instructions for placing milk mixture, flour, yeast, and egg into bread pan, and select the dough cycle; start bread machine.
- ☐ Remove dough from machine (do not bake). Turn the dough out onto a floured surface, and knead 30 seconds. Cover dough; let rest 10 minutes. Divide the dough into 24 equal portions, shaping each into a ball (cover remaining dough to keep from drying).
- ☐ Combine 1/2 cup granulated sugar and rind. Dip each ball into 1/4 cup melted butter, and roll in sugar mixture.
- ☐ Place balls in bottom of a 10-inch tube pan coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size.
- ☐ Preheat oven to 350
- ☐ Bake at 350 for 35 minutes. Cool in pan 5 minutes on a wire rack; remove bread from pan. Cool bread 15 minutes on wire rack.
- ☐ Combine 1/2 cup powdered sugar and orange juice.

Drizzle mixture over loaf, and serve warm.

Nutrition Facts



Properties

Glycemic Index:14.97, Glycemic Load:14.19, Inflammation Score:-1, Nutrition Score:2.8913043348686%

Flavonoids

Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 153.27kcal (7.66%), Fat: 4.64g (7.13%), Saturated Fat: 2.68g (16.72%), Carbohydrates: 24.73g (8.24%), Net Carbohydrates: 24.04g (8.74%), Sugar: 9.31g (10.35%), Cholesterol: 18.7mg (6.23%), Sodium: 135.82mg (5.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.69%), Selenium: 9.3µg (13.29%), Manganese: 0.17mg (8.46%), Vitamin B1: 0.08mg (5.29%), Folate: 20.86µg (5.22%), Phosphorus: 38.01mg (3.8%), Vitamin B2: 0.06mg (3.8%), Vitamin A: 143.4IU (2.87%), Fiber: 0.69g (2.77%), Vitamin B5: 0.24mg (2.37%), Copper: 0.04mg (2.2%), Vitamin B3: 0.43mg (2.17%), Zinc: 0.3mg (1.99%), Calcium: 18.49mg (1.85%), Magnesium: 7.13mg (1.78%), Vitamin E: 0.22mg (1.46%), Iron: 0.25mg (1.38%), Potassium: 46.18mg (1.32%), Vitamin B12: 0.08µg (1.32%), Vitamin C: 1.06mg (1.28%), Vitamin B6: 0.02mg (1.2%)