



Orange-Buttermilk Dinner Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



13

CALORIES



157 kcal

BREAD

Ingredients

- 3 tablespoons butter divided melted
- 1.3 cups buttermilk (100° to 110°)
- 1 package yeast dry
- 3 cups flour all-purpose
- 1 tablespoon honey
- 1 teaspoon kosher salt
- 4 teaspoons orange zest grated
- 2 tablespoons sugar

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- wire rack
- hand mixer
- measuring cup

Directions

- Combine first 3 ingredients in bowl of an electric mixer.
- Sprinkle yeast over milk mixture; let stand 5 minutes or until bubbly. Stir in 2 tablespoons butter, rind, and salt. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Add flour to yeast mixture; mix on low speed with a dough hook until a soft, elastic dough forms (about 5 minutes). Dough will be sticky.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (8
- for 1 hour or until doubled in size.
- Punch dough down; turn out onto a lightly floured surface.
- Cut dough into 13 equal pieces. Working with 1 piece at a time, roll dough into a ball by cupping your hand and pushing against dough and surface while rolling. Arrange dough balls 2 inches apart on a baking sheet coated with cooking spray.
- Brush lightly with remaining 1 tablespoon butter. Cover; let rise 1 hour or until doubled in size.
- Preheat oven to 37
- Bake at 375 for 20 minutes or until rolls are golden.
- Remove rolls from pan; cool slightly on a wire rack.

Nutrition Facts



 PROTEIN **10.2%**  FAT **21.42%**  CARBS **68.38%**

Properties

Glycemic Index:21.41, Glycemic Load:18.26, Inflammation Score:-3, Nutrition Score:5.4895652066106%

Nutrients (% of daily need)

Calories: 156.84kcal (7.84%), Fat: 3.71g (5.72%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 26.69g (8.9%), Net Carbohydrates: 25.69g (9.34%), Sugar: 4.37g (4.86%), Cholesterol: 9.48mg (3.16%), Sodium: 224.84mg (9.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Vitamin B1: 0.3mg (19.83%), Folate: 66.86µg (16.71%), Selenium: 10.74µg (15.34%), Vitamin B2: 0.21mg (12.14%), Manganese: 0.2mg (10.06%), Vitamin B3: 1.95mg (9.75%), Iron: 1.37mg (7.62%), Phosphorus: 55.17mg (5.52%), Fiber: 0.99g (3.97%), Calcium: 33.02mg (3.3%), Vitamin B5: 0.29mg (2.94%), Copper: 0.05mg (2.55%), Vitamin A: 121.4IU (2.43%), Magnesium: 9.18mg (2.3%), Zinc: 0.34mg (2.27%), Vitamin D: 0.3µg (2%), Potassium: 70.16mg (2%), Vitamin B12: 0.11µg (1.87%), Vitamin B6: 0.03mg (1.53%), Vitamin C: 0.85mg (1.03%)