



WHAT'SHEATE



Orange-Cinnamon Rolls



Vegetarian

READY IN



16 min.

SERVINGS



1

CALORIES



2494 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 ounce yeast dry ()
- ☐ 3 cups bread flour
- ☐ 0.3 cup butter softened
- ☐ 2 large eggs
- ☐ 1 serving chocolate icing
- ☐ 0.5 cup orange juice (100° to 110°)
- ☐ 1 teaspoon orange zest
- ☐ 1 teaspoon salt

☐ 0.3 cup sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Combine first 2 ingredients in a mixing bowl; let stand 5 minutes.
- ☐ Add sugar and next 3 ingredients; beat at medium speed with an electric mixer until smooth.
- ☐ Add salt and 2 cups flour, beating until smooth.
- ☐ Add remaining 1 cup flour, stirring until a soft dough forms.
- ☐ Place dough in a large, lightly greased bowl, turning to coat. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size.
- ☐ Punch dough down; turn out onto a lightly floured surface.
- ☐ Roll dough into a 9- x 18-inch rectangle.
- ☐ Sprinkle Cinnamon-Sugar Filling over dough, leaving a 1/2-inch border.
- ☐ Gently roll up dough, starting at 1 long side.
- ☐ Cut into 12 slices, about 1 1/2 inches thick.
- ☐ Place slices in a lightly greased 9-inch round pan. Cover and let rise 20 to 30 minutes or until doubled in size. (To make ahead, cover and chill overnight.
- ☐ Let come to room temperature while oven preheats.)
- ☐ Preheat oven to 35
- ☐ Uncover dough, and bake 22 minutes or until golden.
- ☐ Let stand 5 minutes; drizzle Orange Icing over warm rolls.

Nutrition Facts



Properties

Glycemic Index:282.09, Glycemic Load:237.52, Inflammation Score:-9, Nutrition Score:45.371304719344%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 2493.76kcal (124.69%), Fat: 82.64g (127.14%), Saturated Fat: 43.87g (274.19%), Carbohydrates: 374.48g (124.83%), Net Carbohydrates: 363.11g (132.04%), Sugar: 96.2g (106.88%), Cholesterol: 534.68mg (178.23%), Sodium: 3018.62mg (131.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.93g (123.86%), Selenium: 181.47µg (259.24%), Manganese: 3.05mg (152.31%), Folate: 378.9µg (94.73%), Vitamin B1: 1.24mg (82.68%), Vitamin C: 64.74mg (78.47%), Vitamin B2: 1.13mg (66.32%), Phosphorus: 651.6mg (65.16%), Vitamin A: 2694.81IU (53.9%), Fiber: 11.37g (45.47%), Vitamin B5: 4.48mg (44.76%), Copper: 0.85mg (42.41%), Vitamin B3: 7.28mg (36.41%), Zinc: 5.21mg (34.72%), Vitamin E: 4.79mg (31.92%), Iron: 5.66mg (31.42%), Magnesium: 125.51mg (31.38%), Potassium: 862.42mg (24.64%), Vitamin B6: 0.47mg (23.52%), Vitamin B12: 1.02µg (17.06%), Calcium: 152.34mg (15.23%), Vitamin D: 2µg (13.33%), Vitamin K: 10.51µg (10.01%)