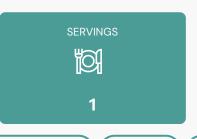


Orange-Cinnamon Rolls

Vegetarian







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

0.3 ounce yeast dry ()
3 cups bread flour
0.3 cup butter softened
0.10

2 large eggs

1 serving chocolate icing

O.5 cup orange juice (100° to 110°)

1 teaspoon orange zest

1 teaspoon salt

	0.3 cup sugar
Eq	uipment
	bowl
	frying pan
	oven
	mixing bowl
	hand mixer
Di	rections
	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: O.21mg, Eriodictyol: O.21mg, Eriodictyol: O.21mg, Eriodictyol: O.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, Naringenin: 0.06mg, Myricetin: 0

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 %: O% (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%)