



Orange Cinnamon Sweet Rolls

 Vegetarian

READY IN



1500 min.

SERVINGS



12

CALORIES



324 kcal

Ingredients

- ☐ 0.3 ounce yeast dry ()
- ☐ 12 servings butter
- ☐ 1 teaspoon cinnamon
- ☐ 1 cup milk (105–115°F)
- ☐ 1 tablespoon orange zest fresh finely grated
- ☐ 2 teaspoons salt
- ☐ 0.5 cup sugar
- ☐ 5 cups flour all-purpose
- ☐ 6 tablespoons butter unsalted softened for greasing bowl

- ☐ 1.5 teaspoons vanilla
- ☐ 3 tablespoons water at room temperature (105–115°F)
- ☐ 4 large water at room temperature (105°F)

Equipment

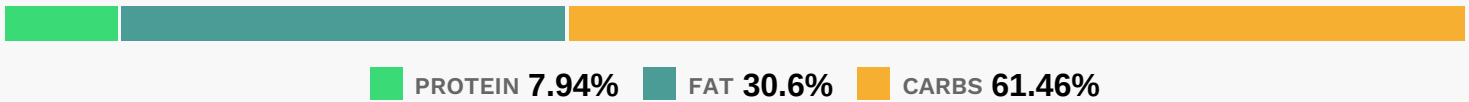
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ ziploc bags
- ☐ kitchen towels

Directions

- ☐ Stir together warm water, yeast, and 1 teaspoon sugar in bowl of mixer fitted with paddle attachment and let stand until foamy, about 5 minutes. (If mixture doesn't foam, discard and start over with new yeast.)
- ☐ While yeast is foaming, whisk 4 cups flour with zest, salt, and cinnamon in a bowl.
- ☐ Add milk, vanilla, butter, and remaining 1/2 cup sugar to yeast, then mix at medium speed until combined. Beat in 3 eggs, 1 at a time, then add orange cinnamon flour and mix until combined well.
- ☐ Replace paddle attachment with dough hook attachment and mix at medium–low speed, adding more flour (1 to 1 1/2 cups), 1/4 cup at a time, until a smooth but slightly sticky dough forms, about 5 minutes.
- ☐ Transfer dough to a work surface and knead by hand until smooth and elastic (dough will remain slightly sticky), about 3 minutes. Form dough into a ball and transfer to a large buttered bowl, turning dough to coat with butter.
- ☐ Cover bowl with kitchen towel and let dough rise in a draft-free place at warm room temperature until doubled in bulk, 1 1/2 to 2 hours.
- ☐ Line a 17- by 14-inch baking sheet with parchment paper.

- ☐ Turn out dough onto work surface and knead several times to remove air.
- ☐ Cut dough into 12 equal pieces. Cup your hand over 1 piece and, using your thumb and pinkie to keep ball inside your cupped hand, push dough with heel of your hand against work surface while rolling in a circular motion (clockwise or counterclockwise) to form a smooth ball. Repeat with remaining pieces of dough, arranging balls 1 inch apart on baking sheet.
- ☐ Cover loosely with kitchen towel and let dough rise in a draft-free place at warm room temperature until doubled in bulk, 1 to 1 1/4 hours. Put oven rack in middle position and preheat oven to 375°F.
- ☐ Whisk together remaining egg with remaining 2 teaspoons water in a small bowl.
- ☐ Cut a 1-inch X (1/4 inch deep) in top of each roll with kitchen shears.
- ☐ Brush rolls lightly with egg wash and bake until golden and rolls sound hollow when tapped on bottom, 15 to 20 minutes.
- ☐ Transfer rolls to a rack and cool, at least 15 minutes.
- ☐ Rolls can be baked 1 day ahead and cooled completely, then kept in sealed plastic bags or a large airtight container at room temperature. Reheat on a baking sheet in a 350°F oven 10 minutes.

Nutrition Facts



Properties

Glycemic Index:19.84, Glycemic Load:34.94, Inflammation Score:-5, Nutrition Score:9.0860869288445%

Nutrients (% of daily need)

Calories: 324.16kcal (16.21%), Fat: 10.97g (16.88%), Saturated Fat: 6.63g (41.45%), Carbohydrates: 49.57g (16.52%), Net Carbohydrates: 47.86g (17.4%), Sugar: 9.51g (10.57%), Cholesterol: 28.24mg (9.41%), Sodium: 430.25mg (18.71%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 6.4g (12.8%), Vitamin B1: 0.49mg (32.43%), Folate: 109.65µg (27.41%), Selenium: 18.27µg (26.1%), Manganese: 0.39mg (19.49%), Vitamin B2: 0.32mg (18.57%), Vitamin B3: 3.35mg (16.74%), Iron: 2.46mg (13.65%), Phosphorus: 83.67mg (8.37%), Fiber: 1.71g (6.83%), Vitamin A: 335.41IU (6.71%), Copper: 0.08mg (4.14%), Vitamin B5: 0.4mg (4%), Calcium: 39.05mg (3.9%), Magnesium: 14.84mg (3.71%), Zinc: 0.51mg (3.42%), Potassium: 97.51mg (2.79%), Vitamin B6: 0.05mg (2.29%), Vitamin D: 0.33µg (2.19%), Vitamin B12: 0.13µg (2.18%), Vitamin E: 0.32mg (2.17%), Vitamin K: 1.11µg (1.06%)