



Orange-Honey Buns



Vegetarian



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



20

CALORIES



81 kcal

Ingredients

- ☐ 20 servings honey syrup
- ☐ 20 servings orange-honey glaze
- ☐ 0.8 cup orange marmalade
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 1 cup water boiling
- ☐ 16 oz roll mix hot
- ☐ 16 oz roll mix hot

Equipment

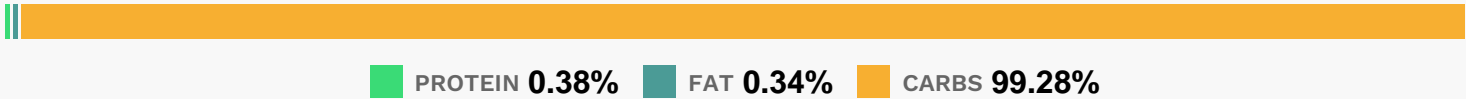
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ serrated knife

Directions

- ☐ Pour 1 cup boiling water over cranberries; let stand 10 minutes.
- ☐ Drain and pat dry.
- ☐ Lightly grease 2 (8-inch) round cake pans. Spoon Honey Syrup into each pan.
- ☐ Prepare hot roll dough as directed on back of package; let dough stand 5 minutes.
- ☐ Roll dough into an 18- x 10-inch rectangle.
- ☐ Spread dough with orange marmalade; sprinkle with prepared cranberries.
- ☐ Roll dough up tightly, starting at 1 long end; cut into 16 slices using a serrated knife.
- ☐ Place 1 slice in center of each prepared pan.
- ☐ Place 7 slices around center roll in each pan.
- ☐ Cover pans loosely with plastic wrap; let rise in a warm place (85), free from drafts, 30 to 45 minutes or until doubled in bulk.
- ☐ Preheat oven to 35
- ☐ Uncover rolls; bake 15 to 20 minutes or until golden brown and done. Cool rolls in pans on a wire rack 5 minutes.
- ☐ Brush rolls with Orange-Honey Glaze.

Nutrition Facts



Properties

Glycemic Index:5.23, Glycemic Load:6.02, Inflammation Score:0, Nutrition Score:0.38260870362106%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 81.41kcal (4.07%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.02%), Carbohydrates: 22g (7.33%), Net Carbohydrates: 21.73g (7.9%), Sugar: 20.89g (23.22%), Cholesterol: 0mg (0%), Sodium: 8.02mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.17%), Fiber: 0.27g (1.09%), Manganese: 0.02mg (1.08%)