



## Orange-Honey Rolls

READY IN



45 min.

SERVINGS



4

CALORIES



113 kcal

### Ingredients

- 4 ounces bread dough
- 1 teaspoon butter melted
- 2 tablespoons honey
- 0.5 teaspoon orange rind grated

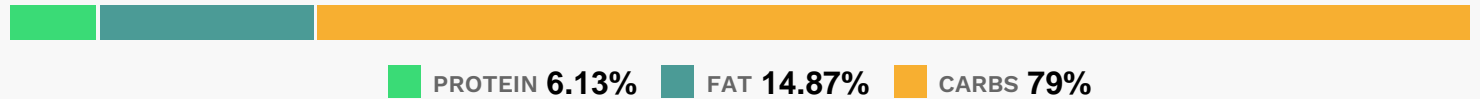
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Roll dough into an 8 x 4-inch rectangle, and proceed.
- Combine honey, melted butter, and orange rind in a small bowl; brush honey mixture over dough. Starting at short end, roll up dough, jelly-roll fashion.
- Cut roll crosswise into 4 equal rounds. Arrange rounds on a baking sheet coated with cooking spray, and bake at 425 for 11 minutes.

## Nutrition Facts



## Properties

Glycemic Index:25.57, Glycemic Load:4.51, Inflammation Score:-1, Nutrition Score:0.26956521995042%

## Nutrients (% of daily need)

Calories: 113.35kcal (5.67%), Fat: 1.84g (2.84%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 21.45g (7.8%), Sugar: 8.62g (9.58%), Cholesterol: 2.69mg (0.9%), Sodium: 141.8mg (6.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Fiber: 0.6g (2.4%)