



WHATSheATE



Orange-Nut Rolls with Stone-Ground Wheat Bread Dough

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

Ingredients

- ☐ 0.3 wheat bread dough stone-ground
- ☐ 2 teaspoons brown sugar
- ☐ 1.5 teaspoons butter divided melted reduced-calorie
- ☐ 0.5 teaspoon orange juice
- ☐ 0.5 teaspoon orange rind grated
- ☐ 1 tablespoon pecans chopped
- ☐ 2 teaspoons powdered sugar

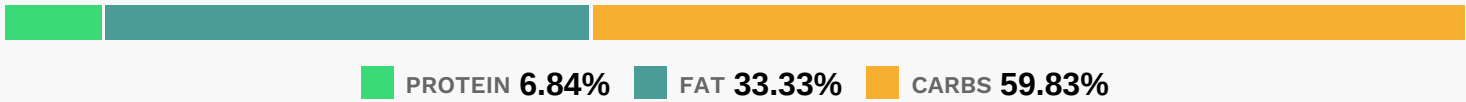
Equipment

- ☐ oven
- ☐ muffin tray

Directions

- ☐ Roll Stone-Ground Wheat Bread Dough into a 7 1/2- x 6-inch rectangle.
- ☐ Brush dough with 1/2 teaspoon margarine, leaving a 1/2-inch border.
- ☐ Sprinkle with pecans and orange rind.
- ☐ Roll up, starting at short side, pressing firmly to eliminate air pockets; pinch seam to seal (do not seal ends).
- ☐ Cut into 4 (1 1/2-inch) slices.
- ☐ Place rolls in muffin pan cups coated with cooking spray, pressing down slightly.
- ☐ Brush tops of rolls evenly with remaining 1 teaspoon margarine, and sprinkle evenly with brown sugar.
- ☐ Cover and let rise in a warm place (85), free from drafts, 40 minutes or until doubled in bulk.
- ☐ Bake at 375 for 15 to 18 minutes or until lightly browned.
- ☐ Combine powdered sugar and orange juice, stirring well.
- ☐ Drizzle orange glaze over rolls.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.87521737935426%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 114.53kcal (5.73%), Fat: 4.14g (6.36%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 15.89g (5.78%), Sugar: 3.09g (3.43%), Cholesterol: 0mg (0%), Sodium: 150.55mg (6.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Manganese: 0.11mg (5.7%), Fiber: 0.82g (3.27%), Copper: 0.03mg (1.58%), Vitamin A: 71.27IU (1.43%), Vitamin B1: 0.02mg (1.18%)