

VEGETARIAN

Orange Rolls

5 October 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
30 min	30 min	24	\$0.43	217 kcal



The recipe Orange Rolls can be made in approximately 30 minutes. This recipe serves 24 and costs 43 cents per serving. One portion of this dish contains around 5g of protein, 5g of fat, and a total of 217 calories. This recipe from My Recipes has 1 fans.

Ingredients

☐ ¼ oz envelope active dry yeast	☐ ¼ cup bread flour
☐ 4½ cups bread flour	☐ ½ cup butter, softened
☐ 2 large eggs, lightly beaten	☐ ¼ teaspoon ground nutmeg
☐ 24 servings Honey Topping	☐ 1 tablespoon fresh lemon juice
☐ 1 cup milk	☐ 24 servings Fresh Orange Glaze
☐ 1 teaspoon salt	☐ ½ cup sugar
☐ 1 teaspoon sugar	☐ ¼ cup warm water (100° to 110°)

Method

- 1 Combine first 3 ingredients in a 1-cup glass measuring cup; let stand 5 minutes.
- 2 Beat butter at medium speed with a heavy-duty electric stand mixer using the paddle attachment until creamy. Gradually add 1/2 cup sugar and salt, beating at medium speed until light and fluffy.
- 3 Add eggs, milk, and lemon juice, beating until blended. Stir in yeast mixture.
- 4 Combine 4 1/2 cups bread flour and nutmeg. Gradually add to butter mixture, beating at low speed 2 minutes or until well blended.
- 5 Turn dough out onto a surface floured with about 1/4 cup bread flour; knead for 5 minutes, adding additional bread flour as needed.
- 6 Place dough in a lightly greased large bowl, turning to grease top of dough. Cover and let rise in a warm place (85), free from drafts, 1 1/2 to 2 hours or until doubled in bulk.
- 7 Punch dough down; turn out onto a lightly floured surface. Divide dough in half. Divide 1 dough half into 12 equal pieces; shape each piece, rolling between hands, into a 7- to 8-inch-long rope. Wrap each rope into a coil, firmly pinching end to seal.
- 8 Place rolls in a lightly greased 10-inch round cake pan. Repeat procedure with remaining dough half.
- 9 Drizzle half of Honey Topping evenly over each pan of rolls.
- 10 Let rise, uncovered, in a warm place 1 hour or until doubled in size. Top evenly with pecans, if desired.
- 11 Bake at 350 for 20 to 22 minutes or until rolls are lightly browned. Cool rolls 2 minutes in pans. Spoon half of Fresh Orange Glaze evenly over each pan of warm rolls, and serve immediately.

Nutrition per serving

217

KCAL

5 g

PROTEIN

5 g

FAT

39 g

CARBS

Saturated Fat	2.8 g · 18% of daily needs
Fibre	2.9 g · 11% of daily needs
Sugar	19.1 g · 21% of daily needs
Sodium	138 mg · 6% of daily needs
Cholesterol	26.9 mg · 9% of daily needs
Vitamin C	48.2 mg · 58% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/orange-rolls-147925