



Orange Rolls

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



217 kcal

Ingredients

- ☐ 0.3 oz active yeast dry
- ☐ 0.3 cup bread flour
- ☐ 4.5 cups bread flour
- ☐ 0.5 cup butter softened
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 24 servings honey topping
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup milk

- ☐ 24 servings orange glaze fresh
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup warm water (100° to 110°)

Equipment

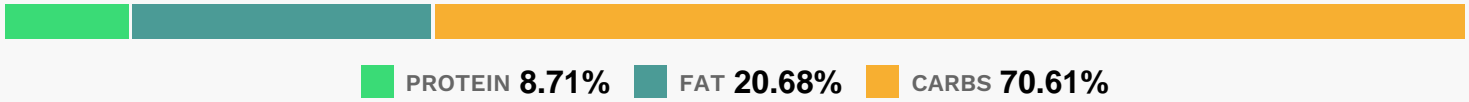
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ cake form
- ☐ stand mixer
- ☐ measuring cup

Directions

- ☐ Combine first 3 ingredients in a 1-cup glass measuring cup; let stand 5 minutes.
- ☐ 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.
- ☐ Add eggs, milk, and lemon juice, beating until blended. Stir in yeast mixture.
- ☐ Combine 4 1/2 cups bread flour and nutmeg. Gradually add to butter mixture, beating at low speed 2 minutes or until well blended.
- ☐ Turn dough out onto a surface floured with about 1/4 cup bread flour; knead for 5 minutes, adding additional bread flour as needed.
- ☐ 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.
- ☐ 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.
- ☐ Place rolls in a lightly greased 10-inch round cake pan. Repeat procedure with remaining dough half.

- ☐ Drizzle half of Honey Topping evenly over each pan of rolls.
- ☐ Let rise, uncovered, in a warm place 1 hour or until doubled in size. Top evenly with pecans, if desired.
- ☐ 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 Facts



Properties

Glycemic Index:21.96, Glycemic Load:21.44, Inflammation Score:-5, Nutrition Score:7.9099998811017%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 24.62mg, Hesperetin: 24.62mg, Hesperetin: 24.62mg, Hesperetin: 24.62mg Naringenin: 13.8mg, Naringenin: 13.8mg, Naringenin: 13.8mg, Naringenin: 13.8mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 216.75kcal (10.84%), Fat: 5.12g (7.88%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 39.33g (13.11%), Net Carbohydrates: 36.48g (13.26%), Sugar: 19.09g (21.21%), Cholesterol: 26.89mg (8.96%), Sodium: 138.19mg (6.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Vitamin C: 48.16mg (58.37%), Selenium: 11.9µg (17%), Fiber: 2.85g (11.41%), Manganese: 0.23mg (11.38%), Folate: 44.46µg (11.11%), Vitamin B1: 0.14mg (9.23%), Vitamin A: 360.21IU (7.2%), Potassium: 217.06mg (6.2%), Vitamin B2: 0.1mg (5.94%), Phosphorus: 58.51mg (5.85%), Calcium: 56.45mg (5.64%), Vitamin B5: 0.49mg (4.86%), Copper: 0.09mg (4.68%), Magnesium: 17.4mg (4.35%), Vitamin B6: 0.08mg (4.15%), Vitamin B3: 0.64mg (3.23%), Vitamin E: 0.42mg (2.8%), Zinc: 0.41mg (2.76%), Iron: 0.43mg (2.37%), Vitamin B12: 0.1µg (1.67%), Vitamin D: 0.2µg (1.3%)