



## Peach Rolls

READY IN



89 min.

SERVINGS



8

CALORIES



527 kcal

BREAD

### Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup firmly brown sugar packed
- 0.3 cup butter cold
- 1.5 cups flour all-purpose
- 1 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 1 tablespoon juice of lemon fresh
- 6 tablespoons milk
- 4 medium peaches peeled coarsely chopped

- 0.5 teaspoon salt
- 1 tablespoon shortening
- 8 servings whipped cream
- 1.5 cups water

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- blender

## Directions

- Stir together peaches, lemon juice, and cinnamon; cover and set aside.
- Stir together flour, salt, and baking powder in a large bowl; cut in butter and shortening with a pastry blender until mixture is crumbly. Gradually add milk, stirring just until moistened. Turn dough out onto a lightly floured surface, and knead lightly 3 or 4 times.
- Roll dough into a 13- x 10-inch rectangle; spread peach mixture evenly over dough to within 1 inch of edges.
- Roll up dough, jellyroll fashion, starting at long side; pinch ends to seal.
- Cut into 8 slices.
- Place rolls in a greased 13- x 9-inch pan.
- Combine sugars and water in a medium saucepan. Cook over medium heat, stirring constantly, 5 minutes or until sugars dissolve.
- Pour hot sugar mixture over rolls.
- Bake, uncovered, at 375 for 40 minutes or until lightly browned.
- Serve rolls and syrup warm with vanilla ice cream.
- Tip: To easily slice roll of dough, place a long piece of dental floss or string under dough 1 1/2 inches from end of roll. Cross ends of dental floss over top of roll; slowly pull the ends to cut through the dough.

# Nutrition Facts

PROTEIN 4.37% FAT 25.88% CARBS 69.75%

## Properties

Glycemic Index:53.92, Glycemic Load:42.66, Inflammation Score:-6, Nutrition Score:9.3673914204473%

## Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 527.19kcal (26.36%), Fat: 15.49g (23.83%), Saturated Fat: 8.79g (54.93%), Carbohydrates: 93.95g (31.32%), Net Carbohydrates: 91.66g (33.33%), Sugar: 72.57g (80.63%), Cholesterol: 45.64mg (15.21%), Sodium: 374.51mg (16.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.77%), Calcium: 191.17mg (19.12%), Vitamin B2: 0.32mg (18.85%), Selenium: 11.48µg (16.4%), Vitamin B1: 0.24mg (15.77%), Phosphorus: 147.42mg (14.74%), Vitamin A: 718.34IU (14.37%), Folate: 51.56µg (12.89%), Manganese: 0.25mg (12.62%), Vitamin B3: 2.11mg (10.57%), Iron: 1.74mg (9.64%), Fiber: 2.29g (9.18%), Potassium: 306.27mg (8.75%), Vitamin B5: 0.7mg (7.01%), Vitamin E: 1.03mg (6.89%), Copper: 0.13mg (6.51%), Magnesium: 25.27mg (6.32%), Zinc: 0.86mg (5.76%), Vitamin B12: 0.33µg (5.5%), Vitamin C: 4.2mg (5.09%), Vitamin B6: 0.08mg (4.01%), Vitamin K: 3.94µg (3.75%), Vitamin D: 0.26µg (1.71%)