



Rolls with Honey-Orange Butter



Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

158 kcal

Ingredients

- ☐ 1.5 tablespoons butter softened
- ☐ 4 dinner rolls frozen french such as Alexia Artisan Rolls
- ☐ 0.5 teaspoon honey
- ☐ 0.5 teaspoon orange rind grated

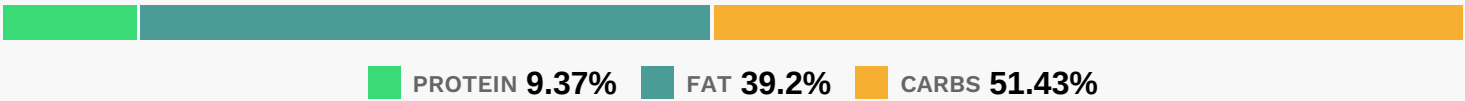
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine butter, orange rind, and honey in a small bowl.
- ☐ Place frozen dinner rolls on a baking sheet.
- ☐ Bake at 450 for 10 minutes or until heated and lightly browned.
- ☐ Serve rolls with butter mixture.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:5.4691305134607%

Nutrients (% of daily need)

Calories: 157.93kcal (7.9%), Fat: 6.97g (10.72%), Saturated Fat: 3.34g (20.9%), Carbohydrates: 20.57g (6.86%), Net Carbohydrates: 18.9g (6.87%), Sugar: 1.42g (1.58%), Cholesterol: 11.29mg (3.76%), Sodium: 259.12mg (11.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Manganese: 0.44mg (22.03%), Selenium: 14.25µg (20.36%), Vitamin B1: 0.19mg (12.45%), Vitamin B3: 1.76mg (8.78%), Iron: 1.53mg (8.52%), Calcium: 77.39mg (7.74%), Vitamin B2: 0.12mg (7.04%), Fiber: 1.66g (6.65%), Folate: 26.05µg (6.51%), Phosphorus: 46.07mg (4.61%), Magnesium: 15.66mg (3.91%), Copper: 0.06mg (3.25%), Vitamin A: 132.25IU (2.64%), Zinc: 0.39mg (2.63%), Vitamin E: 0.28mg (1.85%), Vitamin B6: 0.03mg (1.67%), Vitamin B5: 0.16mg (1.64%), Potassium: 51.69mg (1.48%), Vitamin K: 1.53µg (1.46%)