



## Wheat Rolls with Orange Butter

 Vegetarian

READY IN



8 min.

SERVINGS



4

CALORIES



101 kcal

### Ingredients

- ☐ 4 ounce dinner rolls whole-wheat
- ☐ 1 teaspoon honey
- ☐ 0.5 teaspoon orange rind grated
- ☐ 2 teaspoons butter unsalted softened

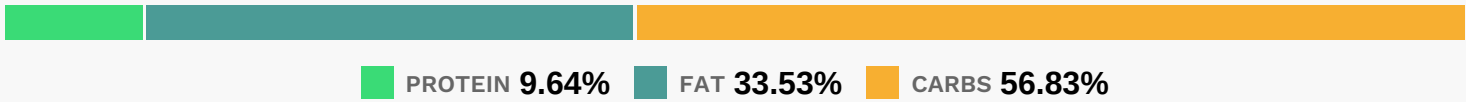
### Equipment

### Directions

- ☐ Combine butter, honey, and rind; stir well.

Serve each roll with about 1/2 teaspoon butter mixture.

# Nutrition Facts



## Properties

Glycemic Index:13.07, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:3.6026087108514%

## Nutrients (% of daily need)

Calories: 100.88kcal (5.04%), Fat: 3.81g (5.87%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 13.44g (4.89%), Sugar: 1.9g (2.11%), Cholesterol: 5.38mg (1.79%), Sodium: 148.9mg (6.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Manganese: 0.29mg (14.58%), Selenium: 9.4µg (13.42%), Vitamin B1: 0.12mg (8.21%), Vitamin B3: 1.16mg (5.8%), Iron: 1.02mg (5.65%), Calcium: 51mg (5.1%), Vitamin B2: 0.08mg (4.65%), Fiber: 1.11g (4.43%), Folate: 17.19µg (4.3%), Phosphorus: 30.21mg (3.02%), Magnesium: 10.35mg (2.59%), Copper: 0.04mg (2.19%), Zinc: 0.26mg (1.75%), Vitamin A: 63.53IU (1.27%), Vitamin B6: 0.02mg (1.12%), Vitamin B5: 0.11mg (1.08%), Vitamin E: 0.16mg (1.07%)