



Almond-Poppy Seed Swirls

READY IN



28 min.

SERVINGS



13

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 3 tablespoons almonds toasted sliced
- ☐ 1 pound bread dough white frozen
- ☐ 4 teaspoons milk fat-free
- ☐ 3 tablespoons brown sugar light
- ☐ 3 tablespoons butter light softened
- ☐ 1.5 tablespoons poppy seeds
- ☐ 0.8 cup powdered sugar

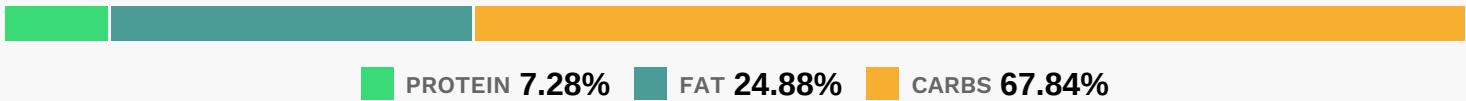
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Thaw dough in refrigerator 12 hours.
- ☐ Place dough on a lightly floured surface; let rest 5 minutes. Pat or roll dough into a 15 x 8-inch rectangle (about 1/4 inch thick).
- ☐ Spread butter evenly over dough, leaving a 1/2-inch border.
- ☐ Combine brown sugar, poppy seeds, and almond extract; spread evenly over butter. Starting at a long edge, roll up dough tightly, jelly-roll fashion; pinch seam to seal (do not seal ends of roll).
- ☐ Place a long piece of dental floss or string under dough 1 1/4 inches from end of roll. Cross ends of string over top of roll; slowly pull ends to cut through dough.
- ☐ Place slice, cut side up, on a baking sheet coated with cooking spray. Coat slice with cooking spray. Repeat procedure with remaining roll of dough, placing slices 2 inches apart on prepared pan. Cover and let rise in a warm place (85), free from drafts, 30 minutes or until doubled in size.
- ☐ Preheat oven to 37
- ☐ Bake at 375 for 15 minutes or until lightly browned.
- ☐ Combine powdered sugar and milk, stirring until smooth.
- ☐ Place glaze in a small zip-top plastic bag; seal. Snip a tiny hole in 1 corner of bag; drizzle glaze evenly over warm rolls, and sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:3.71, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.542173921819%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 162.02kcal (8.1%), Fat: 4.39g (6.75%), Saturated Fat: 1.24g (7.78%), Carbohydrates: 26.91g (8.97%), Net Carbohydrates: 25.74g (9.36%), Sugar: 9.68g (10.75%), Cholesterol: 3.47mg (1.16%), Sodium: 167.11mg (7.27%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Protein: 2.89g (5.77%), Manganese: 0.12mg (6.23%), Fiber: 1.17g (4.69%), Vitamin E: 0.66mg (4.4%), Calcium: 27.1mg (2.71%), Magnesium: 10.44mg (2.61%), Phosphorus: 22.99mg (2.3%), Copper: 0.04mg (2.13%), Vitamin B2: 0.03mg (1.94%), Iron: 0.25mg (1.37%), Vitamin A: 58.02IU (1.16%), Zinc: 0.17mg (1.14%)