



Apple Cinnamon Delight

 Dairy Free

READY IN



40 min.

SERVINGS



14

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 21 ounce lucky leaf® premium apple pie filling canned
- ☐ 24.8 ounce roll dough sweet refrigerated
- ☐ 0.8 cup walnuts chopped

Equipment

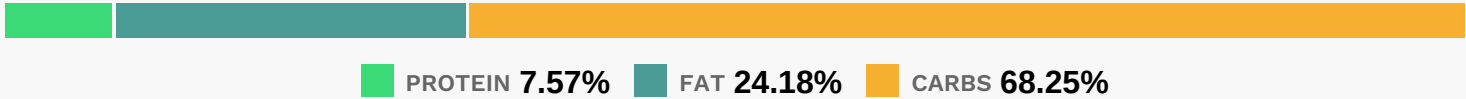
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan

☐ ziploc bags

Directions

- ☐ Preheat oven to 350 degrees F. Spray a 13x9x2-inch baking pan with nonstick cooking spray; set aside.
- ☐ Remove cinnamon rolls from package. Set frosting aside.
- ☐ Cut each cinnamon roll into 4 equal pieces.
- ☐ Place cinnamon roll pieces in a even layer in the prepared baking pan. Spoon LUCKY LEAF Apple Pie Filing over the cinnamon roll pieces.
- ☐ Sprinkle with walnuts.
- ☐ Bake, uncovered, for 30 to 35 minutes or until rolls are golden brown. Cool in pan on a wire rack for 10 minutes.
- ☐ Place frosting in a self-sealing plastic bag. Snip off a tiny corner of bag.
- ☐ Drizzle frosting evenly over rolls in a crisscross design.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:1.43, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.949130470986%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg

Nutrients (% of daily need)

Calories: 211.45kcal (10.57%), Fat: 5.6g (8.62%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 35.58g (11.86%), Net Carbohydrates: 33.75g (12.27%), Sugar: 6.03g (6.7%), Cholesterol: 0mg (0%), Sodium: 256.3mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.89%), Manganese: 0.23mg (11.27%), Fiber: 1.82g (7.3%), Copper: 0.12mg (6.15%), Magnesium: 10.75mg (2.69%), Phosphorus: 24.66mg (2.47%), Vitamin B6: 0.04mg (2.02%), Vitamin B1: 0.03mg (1.77%), Iron: 0.31mg (1.7%), Folate: 6.14µg (1.54%), Zinc: 0.21mg (1.4%), Potassium: 46.78mg (1.34%)