



Apple Walnut Cinnamon Rolls

READY IN



70 min.

SERVINGS



8

CALORIES



612 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 cup butter softened
- ☐ 1 golden delicious apple diced
- ☐ 1 tablespoon ground cinnamon
- ☐ 16 ounce crescent rolls refrigerated canned
- ☐ 0.3 cup walnuts crushed
- ☐ 1.5 cups sugar white

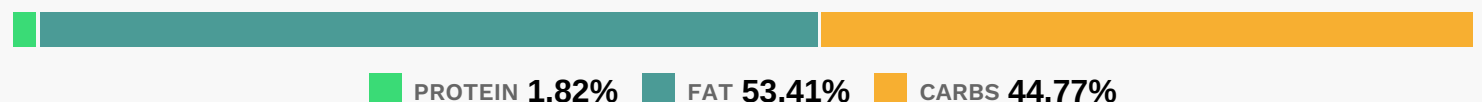
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ rolling pin
- ☐ cutting board

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Roll 1 can of crescent rolls out on a cutting board. Make one single piece of dough by rolling the dough with a rolling pin to a 9x13-inch rectangle; make sure the seams don't separate. Repeat with remaining can of crescent rolls. Set 1 dough sheet atop the other to make a double crust.
- ☐ Mix 1/2 cup white sugar, brown sugar, cinnamon, crushed walnuts, and diced apples in a bowl.
- ☐ Sprinkle evenly over the dough.
- ☐ Roll the dough lengthwise, so you end up with a long tube.
- ☐ Cut into 1-inch slices.
- ☐ Place the rolls into prepared dish facing up.
- ☐ Melt butter with 1 1/2 cup white sugar in a saucepan over medium-high heat. Cook and stir until sugar dissolves completely, about 5 minutes.
- ☐ Remove saucepan from heat and whisk citrus-flavored soda into the butter mixture; pour over cinnamon rolls.
- ☐ Bake in preheated oven until golden brown and no longer doughy in the middle, about 30 minutes. Set aside to cool slightly, 5 to 10 minutes. Flip the rolls out of the baking dish onto baking sheet and allow the sticky sauce to drip over the rolls.

Nutrition Facts



Properties

Glycemic Index:23.01, Glycemic Load:27.25, Inflammation Score:-4, Nutrition Score:3.1243478192583%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 611.74kcal (30.59%), Fat: 37.75g (58.08%), Saturated Fat: 19.92g (124.47%), Carbohydrates: 71.19g (23.73%), Net Carbohydrates: 69.87g (25.41%), Sugar: 52.18g (57.98%), Cholesterol: 61.01mg (20.34%), Sodium: 630.47mg (27.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.79%), Manganese: 0.31mg (15.67%), Vitamin A: 724.38IU (14.49%), Iron: 1.01mg (5.59%), Fiber: 1.32g (5.29%), Vitamin E: 0.75mg (4.99%), Copper: 0.07mg (3.71%), Calcium: 27.86mg (2.79%), Vitamin K: 2.81µg (2.67%), Phosphorus: 22.65mg (2.27%), Magnesium: 8.7mg (2.18%), Vitamin B6: 0.04mg (1.82%), Potassium: 59.89mg (1.71%), Vitamin B2: 0.03mg (1.68%), Folate: 5.25µg (1.31%), Vitamin B1: 0.02mg (1.21%), Zinc: 0.17mg (1.14%), Selenium: 0.8µg (1.14%)