



Bakery-Style Cinnamon Bursts

 Gluten Free

READY IN



170 min.

SERVINGS



12

CALORIES



184 kcal

SIDE DISH

Ingredients

- 2.5 cups yukon gold potatoes for flour
- 0.3 cup granulated sugar
- 1 teaspoon salt
- 2.3 teaspoons yeast dry
- 0.8 cup water (120°F to 130°F)
- 3 tablespoons butter softened
- 1 eggs
- 0.5 cup granulated sugar

- 1.5 teaspoons ground cinnamon
- 0.3 cup butter melted
- 0.5 cup powdered sugar
- 0.3 teaspoon vanilla
- 1 teaspoons milk

Equipment

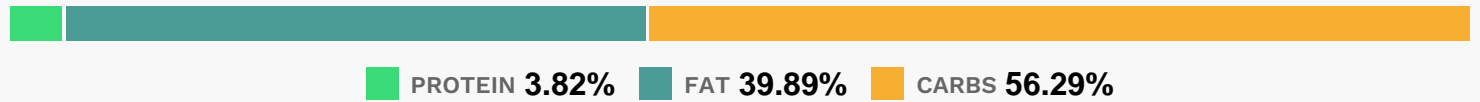
- bowl
- frying pan
- oven
- wire rack
- plastic wrap
- hand mixer
- muffin liners

Directions

- In medium bowl, mix 1 1/2 cups of the flour, 1/4 cup granulated sugar, the salt and yeast.
- Add warm water, 3 tablespoons butter and the egg. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in enough remaining flour to make dough easy to handle.
- On lightly floured surface, knead dough about 5 minutes or until dough is smooth and springy. Grease medium bowl with shortening or cooking spray.
- Place dough in bowl, turning dough to grease all sides. Cover bowl loosely with plastic wrap; let rise in warm place about 1 hour or until double in size. Dough is ready if indentation remains when touched.
- Grease 12 regular-size muffin cups, 2 3/4x1 1/4 inches, with shortening or cooking spray. In small bowl, mix 1/2 cup granulated sugar and the cinnamon. Gently push fist into dough to deflate. Divide dough into 12 equal pieces. Pinch each piece into 6 small balls.
- Roll balls in melted butter, then roll in cinnamon-sugar.
- Place 5 balls in each muffin cup; top with 1 ball in center. Cover loosely with plastic wrap; let rise in warm place 30 to 45 minutes or until double in size.

- Heat oven to 400°F.
- Bake 20 to 25 minutes or until golden brown. Cool 5 minutes; remove from pan to cooling rack (place rack on waxed paper to catch glaze drips). In small bowl, stir glaze ingredients until smooth and thin enough to drizzle.
- Drizzle glaze over rolls.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:22.24, Glycemic Load:15.04, Inflammation Score:-4, Nutrition Score:3.9965217890947%

Flavonoids

Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 184.28kcal (9.21%), Fat: 8.39g (12.9%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 25.26g (9.19%), Sugar: 17.8g (19.78%), Cholesterol: 13.69mg (4.56%), Sodium: 295.87mg (12.86%), Alcohol: 0.03g (100%), Alcohol %: 0.04% (100%), Protein: 1.81g (3.61%), Vitamin C: 9.74mg (11.81%), Vitamin B6: 0.16mg (8.1%), Vitamin A: 372.94IU (7.46%), Vitamin B1: 0.11mg (7.09%), Potassium: 224.47mg (6.41%), Manganese: 0.12mg (6.17%), Folate: 23.37µg (5.84%), Fiber: 1.37g (5.5%), Phosphorus: 41.91mg (4.19%), Vitamin B3: 0.76mg (3.82%), Vitamin B2: 0.06mg (3.74%), Magnesium: 12.75mg (3.19%), Copper: 0.06mg (3.15%), Vitamin B5: 0.29mg (2.92%), Iron: 0.49mg (2.74%), Vitamin E: 0.35mg (2.36%), Selenium: 1.44µg (2.06%), Zinc: 0.25mg (1.64%), Calcium: 14.85mg (1.48%)