



Best Ever Ever EVER Cinnamon Rolls with Cream Cheese Icing – I Adore Food

READY IN



45 min.

SERVINGS



18

CALORIES



404 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup water
- 2 cup sugar
- 2 packages yeast dry
- 0.5 cup milk
- 0.5 cup butter
- 1.5 Teaspoon salt
- 2 eggs
- 4 cup flour

- 2 Teaspoon cinnamon
- 0.7 cup raisins dried seedless
- 1 Teaspoon vanilla extract
- 8 ounce cream cheese room temperature
- 2 cup powdered sugar
- 0.5 cup butter

Equipment

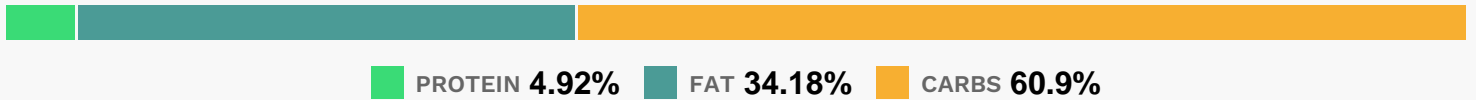
- bowl
- sauce pan
- oven
- stand mixer

Directions

- Measure 1 cup of warm water into a large bowl. Stir in 2 tsp sugar and active dry yeast.
- Let stand 10 minutes then stir well.
- In the meantime, combine milk and 1/4 cup of margarine in a saucepan.
- Heat over low heat until liquid is warm and margarine melts. Take off heat. Stir in 1/2 cup sugar and salt.
- Add milk and margarine mixture to dissolved yeast mixture.
- Add eggs and 1 1/2 cups of flour.
- Mix well. Stir in an additional 3 cups (about) of flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes.
- Place in greased bowl (about 1 tablespoon of oil), turning the dough to make sure the oil covers the whole thing. Cover; let rise in a warm place, free from draft, until doubled in bulk, about 1 hour.
- Punch dough down; turn out onto lightly floured board. Divide in half and shape into an 18 x 9 inch rectangle (approximately). Melt 1/4 cup of margarine and brush the rectangles with melted margarine.
- Combine 1 1/2 cups sugar, 2/3 cup seedless raisins and 2 tsp ground cinnamon.

- Sprinkle half of the sugar mix over each piece of dough.
- Roll each up to make 18-inch rolls. Seal edges firmly.
- Cut each roll into 12 pieces, about 1 ½ inches wide.
- Place, cut side up, in a greased 9 inch round cake pans or greased 8-inch square pans. Cover; let rise in a warm place, free from draft, until doubled in bulk, about 1 hour.
- Bake in moderate oven (350 F) about 25 minutes, or until done (golden brown).
- Remove from pans and cool on wire racks.
- CREAM CHEESE ICING: In a stand mixer, beat your softened cream cheese until creamy. Beat in the margarine and the vanilla. Beat in the sifted icing sugar until smooth.
- Put the icing on the hot rolls and let it cool down a bit.

Nutrition Facts



Properties

Glycemic Index:15.22, Glycemic Load:33.42, Inflammation Score:-5, Nutrition Score:6.9904348111671%

Nutrients (% of daily need)

Calories: 403.98kcal (20.2%), Fat: 15.6g (24%), Saturated Fat: 4.99g (31.2%), Carbohydrates: 62.54g (20.85%), Net Carbohydrates: 61.1g (22.22%), Sugar: 36.14g (40.16%), Cholesterol: 31.73mg (10.58%), Sodium: 365.44mg (15.89%), Alcohol: 0.08g (100%), Alcohol %: 0.08% (100%), Protein: 5.05g (10.11%), Vitamin B1: 0.32mg (21.31%), Folate: 72.77µg (18.19%), Selenium: 12.44µg (17.78%), Vitamin B2: 0.25mg (14.74%), Vitamin A: 658.35IU (13.17%), Manganese: 0.25mg (12.52%), Vitamin B3: 2.04mg (10.21%), Iron: 1.58mg (8.8%), Phosphorus: 72.05mg (7.2%), Fiber: 1.44g (5.77%), Vitamin B5: 0.41mg (4.13%), Vitamin E: 0.58mg (3.84%), Calcium: 36.1mg (3.61%), Copper: 0.07mg (3.56%), Potassium: 122.34mg (3.5%), Zinc: 0.43mg (2.86%), Magnesium: 11.35mg (2.84%), Vitamin B6: 0.05mg (2.75%), Vitamin B12: 0.12µg (2.02%), Vitamin D: 0.17µg (1.15%)