



Betty's Famous Cinnamon Rolls



Vegetarian



Very Healthy

READY IN



215 min.

SERVINGS



1

CALORIES



7249 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4.5 teaspoons active yeast dry
- ☐ 0.7 cup butter melted
- ☐ 4 cups confectioners' sugar
- ☐ 2 eggs
- ☐ 8 cups flour all-purpose divided
- ☐ 3 tablespoons ground cinnamon
- ☐ 1 cup warm milk
- ☐ 2 teaspoons salt

- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup warm water (110 degrees F/45 degrees C)
- ☐ 0.3 cup sugar white

Equipment

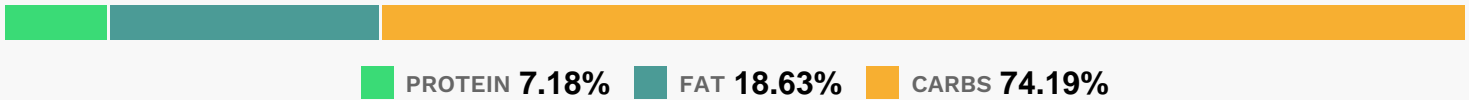
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ casserole dish
- ☐ stand mixer

Directions

- ☐ Mix 1 1/2 cup white sugar, cinnamon, and pecans together in a bowl; set aside to be used as filling later.
- ☐ Whisk yeast and warm water together in a separate bowl; sprinkle with 1 teaspoon white sugar. Continue whisking until well incorporated. Set aside until yeast softens and begins to form a creamy foam, 10 to 20 minutes.
- ☐ Place warm milk, 2/3 cup white sugar, 2/3 cup melted butter, salt, eggs, and yeast mixture in a stand mixer; mix until all ingredients are incorporated.
- ☐ Add 4 cups flour; mix on medium until completely smooth, about 5 minutes.
- ☐ Transfer dough to a large bowl; knead the remaining 4 cups flour into dough with hands until dough is slightly stiff and sticky, 10 minutes.
- ☐ Transfer dough to a large greased bowl; cover bowl with plastic wrap.
- ☐ Let dough rise in a warm place until doubled in size, about 1 1/2 hours.
- ☐ Remove plastic wrap from bowl and punch down dough. Set dough aside to rest for 5 minutes.
- ☐ Roll dough out onto a well-floured surface, forming a 15x20-inch rectangle.
- ☐ Brush entire rectangle of dough with 1/2 cup melted butter; sprinkle with cinnamon-sugar filling. Tightly roll up dough, starting from a long end and pinch edges together to seal.

- ☐ Cut dough, using dental floss, into 15 to 20 slices.
- ☐ Grease a 9x13-inch casserole dish with 1/2 cup melted butter; sprinkle with 1/3 cup white sugar.
- ☐ Arrange cinnamon rolls close together in the prepared casserole dish. Allow to rise in a warm place for 45 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake rolls in the preheated oven until golden brown, 25 to 30 minutes.
- ☐ Beat confectioners' sugar, 2/3 cup melted butter, vanilla extract, and maple extract together in a bowl until smooth.
- ☐ Drizzle over warm cinnamon rolls.

Nutrition Facts



Properties

Glycemic Index:238.09, Glycemic Load:603.32, Inflammation Score:-10, Nutrition Score:70.677825767061%

Nutrients (% of daily need)

Calories: 7248.98kcal (362.45%), Fat: 150.29g (231.21%), Saturated Fat: 86.85g (542.82%), Carbohydrates: 1346.78g (448.93%), Net Carbohydrates: 1303.27g (473.92%), Sugar: 552.36g (613.73%), Cholesterol: 682.01mg (227.34%), Sodium: 5894.07mg (256.26%), Alcohol: 2.75g (100%), Alcohol %: 0.15% (100%), Protein: 130.3g (260.59%), Vitamin B1: 9.58mg (638.37%), Manganese: 11.14mg (557.11%), Folate: 2204.93µg (551.23%), Selenium: 377.31µg (539.01%), Vitamin B2: 6.41mg (377.15%), Vitamin B3: 65.41mg (327.04%), Iron: 50.64mg (281.34%), Fiber: 43.51g (174.04%), Phosphorus: 1642.02mg (164.2%), Vitamin A: 4723.IIU (94.46%), Vitamin B5: 8.78mg (87.84%), Copper: 1.73mg (86.68%), Calcium: 796.72mg (79.67%), Zinc: 10.92mg (72.81%), Magnesium: 288.27mg (72.07%), Potassium: 1854.63mg (52.99%), Vitamin B6: 0.99mg (49.65%), Vitamin B12: 2.37µg (39.46%), Vitamin E: 5.71mg (38.09%), Vitamin D: 4.44µg (29.63%), Vitamin K: 22.13µg (21.08%), Vitamin C: 0.95mg (1.16%)