

Blueberry Pinwheels

 Vegetarian

READY IN



50 min.

SERVINGS



24

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 ounce yeast dry
- 2 cups blueberries fresh
- 3 tablespoons butter melted
- 1 cup powdered sugar
- 1 eggs
- 10 ounces evaporated milk canned
- 3.5 cups flour all-purpose
- 1.5 teaspoons ground cinnamon

- 1 teaspoon lemon zest grated
- 1 teaspoon salt
- 0.5 cup sugar
- 0.5 teaspoon vanilla extract
- 1 tablespoons water

Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- In a saucepan, heat milk and butter to 110°–115°. In a large bowl, dissolve yeast in warm milk mixture.
- Add the sugar, salt, egg and 2 cups flour; beat until smooth. Stir in enough remaining flour to form soft dough.
- Turn onto floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1–1/4 hours.
- Punch dough down. Turn onto a floured surface; divide in half.
- Roll each into a 14-in. x 8-in. rectangle; brush with melted butter.
- Combine sugar, cinnamon and lemon peel; sprinkle over dough to within 1/2 in of edges. Top with blueberries; press into dough.
- Roll up, jelly-roll style, starting with a long side; pinch seam to seal.
- Cut each into 12 slices.
- Place, cut side down, in two greased 13-in. x 9-in. baking pans. Cover and let rise until doubled, about 1–1/4 hours.
- Bake at 375° for 20–25 minutes or until golden brown. Cool for 5 minutes before removing from pans to wire racks. For glaze, combine sugar, vanilla and enough water to achieve a

desired consistency.

Drizzle over warm rolls. Cool in pans on wire racks.

Nutrition Facts

 **PROTEIN 8.85%**  **FAT 17.34%**  **CARBS 73.81%**

Properties

Glycemic Index:10, Glycemic Load:13.57, Inflammation Score:-2, Nutrition Score:4.1899999872498%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 141.54kcal (7.08%), Fat: 2.74g (4.22%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 25.34g (9.22%), Sugar: 11.54g (12.82%), Cholesterol: 14.01mg (4.67%), Sodium: 124.11mg (5.4%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Protein: 3.15g (6.3%), Vitamin B1: 0.19mg (12.44%), Folate: 42.89µg (10.72%), Selenium: 7.13µg (10.18%), Manganese: 0.19mg (9.53%), Vitamin B2: 0.16mg (9.13%), Vitamin B3: 1.27mg (6.37%), Iron: 0.96mg (5.33%), Phosphorus: 51.17mg (5.12%), Fiber: 0.94g (3.77%), Calcium: 37.38mg (3.74%), Vitamin K: 2.67µg (2.55%), Vitamin B5: 0.24mg (2.41%), Potassium: 71.56mg (2.04%), Magnesium: 8.11mg (2.03%), Copper: 0.04mg (1.96%), Zinc: 0.29mg (1.94%), Vitamin C: 1.53mg (1.86%), Vitamin A: 88.93IU (1.78%), Vitamin B6: 0.03mg (1.42%), Vitamin E: 0.16mg (1.09%)