



Chocolate Cinnamon Rolls

READY IN



45 min.

SERVINGS



16

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 cups bread flour divided
- ☐ 1 package yeast dry
- ☐ 1 eggs lightly beaten
- ☐ 1 egg white lightly beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup butter melted
- ☐ 1 cup powdered sugar sifted
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups warm skim milk (105° to 115°)

- ☐ 2 tablespoons skim milk
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract

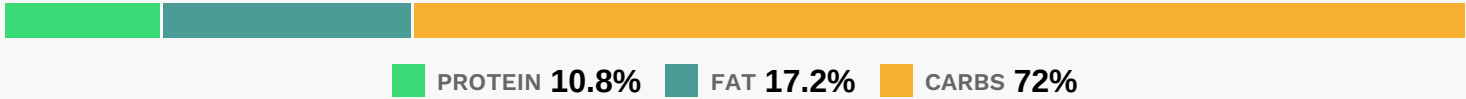
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Dissolve yeast and 2 tablespoons sugar in 1 1/4 cups warm milk in a large bowl; let stand 5 minutes.
- ☐ Add margarine, 1/2 teaspoon vanilla, and egg; stir well. Stir in 3 1/2 cups flour, cocoa, and salt to form a soft dough. Turn dough out onto a lightly floured surface, and knead until smooth and elastic (about 10 minutes); add enough of the remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- ☐ Punch dough down. Turn out onto a lightly floured surface; roll into a 16 x 8-inch rectangle.
- ☐ Brush egg white over entire surface.
- ☐ Combine 1/4 cup sugar and cinnamon; sprinkle evenly over dough. Starting at long side, roll up dough tightly, jelly-roll fashion; pinch seam to seal (do not seal ends of roll).
- ☐ Cut roll into 16 (1-inch) slices, using string or dental floss. Arrange slices, cut sides up, in a 13 x 9-inch baking pan coated with cooking spray. Cover and let rise 30 minutes or until doubled in bulk.
- ☐ Preheat oven to 350; bake rolls at 350 for 20 minutes.
- ☐ Combine powdered sugar, 2 tablespoons milk, and 1 teaspoon vanilla; stir well.
- ☐ Drizzle over rolls.

Nutrition Facts



Properties

Glycemic Index:17.42, Glycemic Load:18.26, Inflammation Score:-3, Nutrition Score:4.8908695223863%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 204.24kcal (10.21%), Fat: 3.95g (6.08%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 35.62g (12.95%), Sugar: 13.21g (14.68%), Cholesterol: 10.86mg (3.62%), Sodium: 123.22mg (5.36%), Alcohol: 0.13g (100%), Alcohol %: 0.22% (100%), Caffeine: 4.12mg (1.37%), Protein: 5.58g (11.16%), Selenium: 14.41µg (20.59%), Manganese: 0.34mg (17.13%), Phosphorus: 75.38mg (7.54%), Copper: 0.13mg (6.56%), Fiber: 1.6g (6.39%), Vitamin B1: 0.09mg (5.86%), Folate: 22.95µg (5.74%), Vitamin B2: 0.09mg (5.47%), Magnesium: 20.28mg (5.07%), Calcium: 39.05mg (3.9%), Vitamin A: 185.59IU (3.71%), Zinc: 0.56mg (3.71%), Iron: 0.61mg (3.38%), Vitamin B5: 0.32mg (3.25%), Potassium: 107.45mg (3.07%), Vitamin B3: 0.56mg (2.8%), Vitamin B12: 0.15µg (2.53%), Vitamin D: 0.29µg (1.91%), Vitamin B6: 0.04mg (1.89%), Vitamin E: 0.27mg (1.79%)