

Cinnamon Bread Rolls

 Vegetarian

READY IN



40 min.

SERVINGS



24

CALORIES



255 kcal

Ingredients

- 1 cup butter melted
- 16 ounces cream cheese softened
- 2 egg yolk
- 2 teaspoons ground cinnamon
- 1.5 cups sugar divided
- 24 slices sandwich bread white soft

Equipment

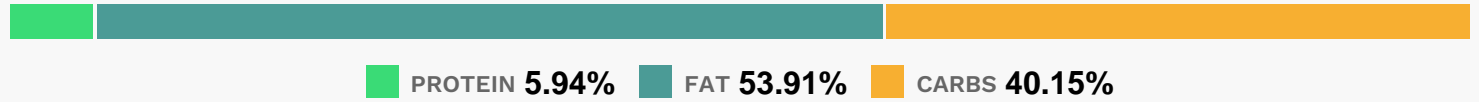
- bowl
- baking sheet

- oven
- rolling pin

Directions

- Flatten bread with a rolling pin. In a large bowl, beat the cream cheese, 1/2 cup sugar and yolks.
- Spread on bread; roll up, jelly-roll style.
- Combine cinnamon and remaining sugar. Lightly dip rolls in butter, then in cinnamon-sugar.
- Place on ungreased baking sheets.
- Bake at 350° for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:17.78, Inflammation Score:-4, Nutrition Score:4.4265217707371%

Nutrients (% of daily need)

Calories: 254.83kcal (12.74%), Fat: 15.51g (23.86%), Saturated Fat: 9.03g (56.43%), Carbohydrates: 25.99g (8.66%), Net Carbohydrates: 25.32g (9.21%), Sugar: 14.54g (16.15%), Cholesterol: 55.62mg (18.54%), Sodium: 240.27mg (10.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Selenium: 8.44µg (12.06%), Vitamin A: 512.56IU (10.25%), Manganese: 0.18mg (9.03%), Vitamin B1: 0.13mg (8.95%), Folate: 31.93µg (7.98%), Calcium: 77.08mg (7.71%), Vitamin B2: 0.12mg (6.89%), Vitamin B3: 1.21mg (6.07%), Phosphorus: 56.7mg (5.67%), Iron: 0.92mg (5.13%), Vitamin E: 0.48mg (3.2%), Vitamin B5: 0.3mg (2.98%), Fiber: 0.66g (2.65%), Zinc: 0.36mg (2.41%), Magnesium: 8.82mg (2.2%), Vitamin B6: 0.04mg (1.97%), Copper: 0.04mg (1.85%), Potassium: 59.07mg (1.69%), Vitamin B12: 0.09µg (1.45%), Vitamin K: 1.17µg (1.12%)