



Cinnamon Breakfast Rolls

READY IN



45 min.

SERVINGS



32

CALORIES



214 kcal

BREAD

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 5.3 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 cup butter divided melted
- ☐ 3 tablespoons milk
- ☐ 0.8 cup pecans divided chopped
- ☐ 1 cup powdered sugar
- ☐ 0.5 cup raisins divided
- ☐ 1 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 18.3 ounce vanilla cake donut holes french
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2.5 cups warm water (105° to 115°)

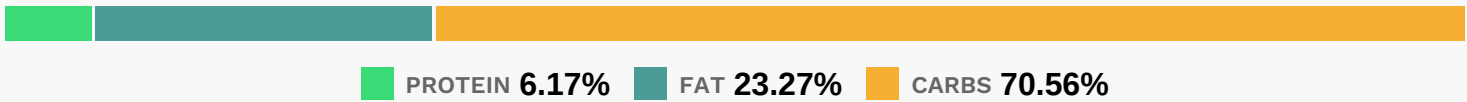
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Stir together first 5 ingredients in a large bowl; cover and let rise in a warm place (85), free from drafts, 1 hour.
- ☐ Combine 1/2 cup sugar and cinnamon.
- ☐ Turn dough out onto a well-floured surface; divide in half.
- ☐ Roll one portion into an 18- x 12-inch rectangle.
- ☐ Brush with half of butter; sprinkle with half of sugar mixture, half of raisins, and 1/4 cup pecans.
- ☐ Roll up starting at long end; cut crosswise into 16 (1-inch-thick) slices.
- ☐ Place rolls into a lightly greased 13- x 9-inch pan. Repeat procedure with remaining rectangle. Cover and chill 8 hours.
- ☐ Remove from refrigerator, and let stand 30 minutes.
- ☐ Bake at 350 for 20 to 25 minutes or until golden; cool slightly.
- ☐ Stir together powdered sugar, milk, and vanilla; drizzle over rolls.
- ☐ Sprinkle with remaining pecans.

Nutrition Facts



Properties

Glycemic Index:8.03, Glycemic Load:14.5, Inflammation Score:-3, Nutrition Score:5.5495652579095%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 214.05kcal (10.7%), Fat: 5.59g (8.61%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 38.18g (12.73%), Net Carbohydrates: 36.86g (13.4%), Sugar: 13.82g (15.36%), Cholesterol: 0.17mg (0.06%), Sodium: 221.02mg (9.61%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Protein: 3.34g (6.68%), Vitamin B1: 0.27mg (17.69%), Manganese: 0.32mg (15.89%), Folate: 59.89µg (14.97%), Selenium: 8.56µg (12.23%), Vitamin B2: 0.17mg (9.78%), Vitamin B3: 1.83mg (9.17%), Phosphorus: 90.55mg (9.06%), Iron: 1.41mg (7.86%), Fiber: 1.32g (5.27%), Calcium: 45.76mg (4.58%), Copper: 0.09mg (4.3%), Magnesium: 10.84mg (2.71%), Vitamin A: 130.95IU (2.62%), Zinc: 0.38mg (2.56%), Vitamin B5: 0.23mg (2.29%), Vitamin E: 0.3mg (2.02%), Potassium: 69.75mg (1.99%), Vitamin B6: 0.03mg (1.56%)