



Cinnamon Buttons

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

Ingredients

- 11 ounce breadstick dough refrigerated soft canned
- 2 tablespoons butter melted
- 0.5 teaspoon ground cinnamon
- 0.3 cup sugar

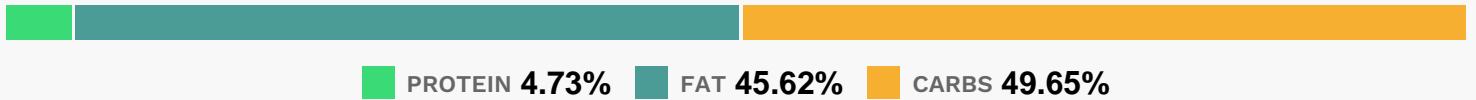
Equipment

- frying pan
- oven
- muffin liners

Directions

- Preheat oven to 37
- Lightly coat 6 muffin cups with cooking spray.
- Pour melted butter into a shallow dish.
- Combine sugar and cinnamon in another shallow dish.
- Unroll dough; separate into breadsticks.
- Cut each breadstick into 3 equal portions; shape each portion into a ball. Working with one ball at a time, dip into melted butter; gently roll in sugar mixture.
- Place 6 balls in each muffin cup.
- Bake at 375 for 15 minutes.
- Remove rolls from the pan.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:20.85, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:0.45217390625697%

Nutrients (% of daily need)

Calories: 234.35kcal (11.72%), Fat: 12.23g (18.82%), Saturated Fat: 5.67g (35.46%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 28.93g (10.52%), Sugar: 11.13g (12.37%), Cholesterol: 10.03mg (3.34%), Sodium: 535.3mg (23.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Fiber: 1.02g (4.1%), Vitamin A: 117.11IU (2.34%), Manganese: 0.03mg (1.47%)