



Cinnamon Crescents

 Vegetarian

READY IN



50 min.

SERVINGS



36

CALORIES



116 kcal

BREAD

Ingredients

- 2.5 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 1 cup butter cold
- 0.5 cup milk
- 1 large eggs beaten
- 1 cup sugar
- 4 teaspoons ground cinnamon
- 1 cup powdered sugar

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- 4 teaspoons milk 2%

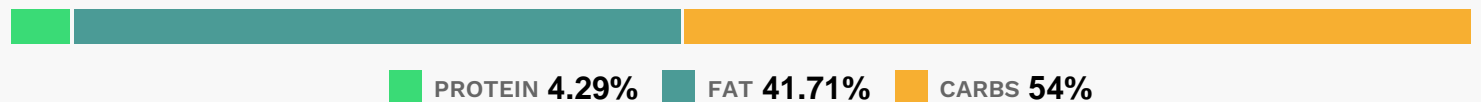
Equipment

- bowl
- baking sheet
- oven

Directions

- Combine flour and baking powder in a large bowl; cut in butter until crumbly. Stir in milk and egg. Divide into three portions; shape each portion into a ball.
- Combine sugar and cinnamon; sprinkle a third over a pastry board or a surface.
- Roll one ball into a 12-in. circle; cut into 12 wedges.
- Roll up from wide edge. Repeat with the remaining dough and cinnamon sugar.
- Place rolls with point side down on a lightly greased baking sheets; form into crescent shapes.
- Bake at 350° for 16–18 minutes or until lightly browned (do not overbake).
- For optional glaze, combine confectioners' sugar, cinnamon and milk until smooth.
- Drizzle over cooled crescents.

Nutrition Facts



Properties

Glycemic Index:9.31, Glycemic Load:8.76, Inflammation Score:-1, Nutrition Score:1.9056521554518%

Nutrients (% of daily need)

Calories: 116.21kcal (5.81%), Fat: 5.47g (8.42%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 15.94g (5.31%), Net Carbohydrates: 15.56g (5.66%), Sugar: 9.03g (10.04%), Cholesterol: 19.17mg (6.39%), Sodium: 56.17mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.53%), Manganese: 0.11mg (5.43%), Selenium: 3.57µg (5.1%), Vitamin B1: 0.07mg (4.75%), Folate: 16.77µg (4.19%), Vitamin B2: 0.06mg (3.46%), Vitamin A: 171.95IU (3.44%), Vitamin B3: 0.52mg (2.62%), Iron: 0.47mg (2.6%), Phosphorus: 20.18mg (2.02%), Calcium: 17.83mg (1.78%), Fiber: 0.38g (1.53%), Vitamin E: 0.17mg (1.16%)