



## Cinnamon-Date-Pecan Rolls with Maple Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



223 kcal

BREAD

### Ingredients

- 0.7 cup brown sugar packed
- 2 tablespoons butter melted
- 3 tablespoons butter melted
- 0.8 cup dates pitted chopped
- 2.3 teaspoons yeast dry
- 1 large eggs
- 1 tablespoon skim milk fat-free
- 14.5 ounces flour all-purpose

- 0.3 cup granulated sugar
- 1 teaspoon granulated sugar
- 1 teaspoon ground cinnamon
- 2 tablespoons maple syrup
- 1 teaspoon orange zest grated
- 0.3 cup pecans toasted chopped
- 1 cup powdered sugar
- 0.5 teaspoon salt
- 0.8 cup water (100° to 110°)

## Equipment

- bowl
- oven
- knife
- whisk
- blender
- baking pan
- measuring cup

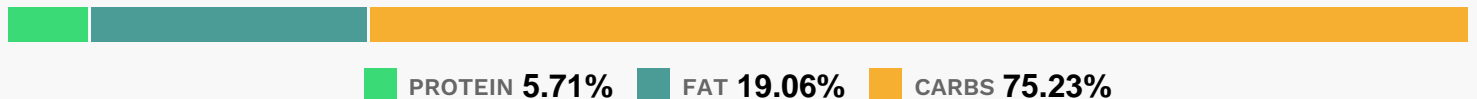
## Directions

- To prepare dough, dissolve 1 teaspoon granulated sugar and yeast in 3/4 cup warm water; let stand 5 minutes.
- Combine 1/3 cup granulated sugar, 3 tablespoons butter, salt, and egg in a large bowl.
- Add yeast mixture; beat with a mixer at medium speed until blended.
- Lightly spoon flour into dry measuring cups; level with a knife. Gradually add 3 cups flour to yeast mixture, beating mixture on low speed until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 5 minutes); add enough of 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, 1 hour or until doubled in size. Punch dough down; turn

out onto a lightly floured surface.

- To prepare filling, combine brown sugar, cinnamon, and rind in a small bowl.
- Roll dough into a 15 x 10-inch rectangle; brush with 2 tablespoons butter.
- Sprinkle brown sugar mixture over dough, leaving a 1/2-inch border.
- Sprinkle dates and pecans over sugar mixture. Beginning with a long side, roll up jelly-roll fashion; pinch seam to seal (do not seal ends of roll).
- Cut roll into 18 (1/2-inch) slices.
- Place slices, cut sides up, in a 13 x 9-inch baking pan coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, about 1 hour or until rolls have doubled in size.
- Preheat oven to 37
- Uncover dough.
- Bake at 375 for 20 minutes or until rolls are golden brown.
- To prepare glaze, combine powdered sugar, syrup, and milk in a small bowl; stir with a whisk until smooth.
- Drizzle glaze over warm rolls.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:25.11, Glycemic Load:18.05, Inflammation Score:-3, Nutrition Score:5.1195651804623%

## Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 222.66kcal (11.13%), Fat: 4.8g (7.38%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 41.2g (14.98%), Sugar: 23.74g (26.37%), Cholesterol: 18.72mg (6.24%), Sodium: 97.83mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Vitamin B1: 0.24mg (15.91%), Manganese: 0.32mg (15.91%), Folate: 53.95µg (13.49%), Selenium: 9.09µg (12.98%), Vitamin B2: 0.18mg (10.58%), Vitamin B3: 1.62mg (8.09%), Iron: 1.3mg (7.2%), Fiber: 1.43g (5.71%), Phosphorus: 42.88mg (4.29%), Copper: 0.07mg (3.7%), Magnesium: 11.6mg (2.9%), Potassium: 97.47mg (2.78%), Vitamin B5: 0.26mg (2.63%), Vitamin A: 116.14IU (2.32%), Zinc: 0.34mg (2.28%), Calcium: 21.5mg (2.15%), Vitamin B6: 0.04mg (1.91%), Vitamin E: 0.16mg (1.07%)