

Cinnamon Pastries

 Vegetarian

READY IN



115 min.

SERVINGS



18

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 slices bread
- 0.8 cup butter melted
- 8 ounce cream cheese
- 1 egg yolk
- 3 tablespoons ground cinnamon
- 1 cup sugar white divided

Equipment

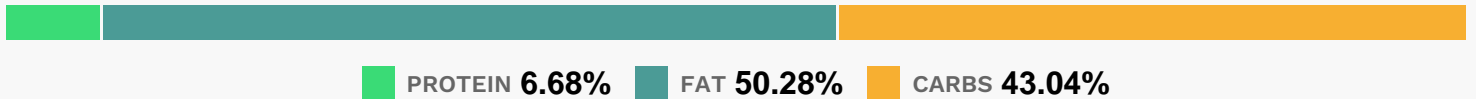
- bowl

- baking sheet
- oven
- aluminum foil

Directions

- In a medium bowl, beat together cream cheese, 1/4 cup sugar and egg yolk.
- In a small, shallow bowl, mix 3/4 cup sugar and cinnamon.
- Spread one side of each bread slice with the cream cheese mixture.
- Roll bread slices jelly roll fashion, and dip into melted butter.
- Place each piece of bread in the sugar mixture, and coat evenly. Arrange in a single layer on a medium baking sheet. Cover with foil, and place in the freezer at least 1 hour, until frozen.
- Preheat oven to 350 degrees F (175 degrees C).
- Uncover frozen bread rolls, and bake 25 minutes in the preheated oven, or until crusty and golden brown.

Nutrition Facts



Properties

Glycemic Index:11.71, Glycemic Load:15.11, Inflammation Score:-3, Nutrition Score:5.6273912917013%

Nutrients (% of daily need)

Calories: 237.93kcal (11.9%), Fat: 13.59g (20.91%), Saturated Fat: 7.7g (48.14%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 24.35g (8.85%), Sugar: 13.21g (14.67%), Cholesterol: 43.86mg (14.62%), Sodium: 233.54mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.13%), Manganese: 0.57mg (28.45%), Selenium: 9.91µg (14.16%), Vitamin A: 424.49IU (8.49%), Vitamin B1: 0.12mg (8.03%), Vitamin B3: 1.6mg (7.99%), Fiber: 1.83g (7.31%), Folate: 26.76µg (6.69%), Vitamin B2: 0.11mg (6.51%), Iron: 1.17mg (6.49%), Calcium: 64.25mg (6.43%), Phosphorus: 56.63mg (5.66%), Vitamin B5: 0.35mg (3.46%), Magnesium: 13.65mg (3.41%), Vitamin E: 0.44mg (2.92%), Zinc: 0.41mg (2.74%), Vitamin K: 2.72µg (2.59%), Copper: 0.05mg (2.49%), Vitamin B6: 0.04mg (2.2%), Potassium: 65.44mg (1.87%), Vitamin B12: 0.06µg (1.05%)