



Cinnamon-Pecan Rolls

READY IN



45 min.

SERVINGS



36

CALORIES



106 kcal

Ingredients

- ☐ 36 servings party roll dough
- ☐ 0.7 cup firmly brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1.3 teaspoons ground cinnamon
- ☐ 0.3 cup milk
- ☐ 1.5 cups pecans divided toasted chopped
- ☐ 2.5 cups powdered sugar
- ☐ 0.8 teaspoon vanilla extract

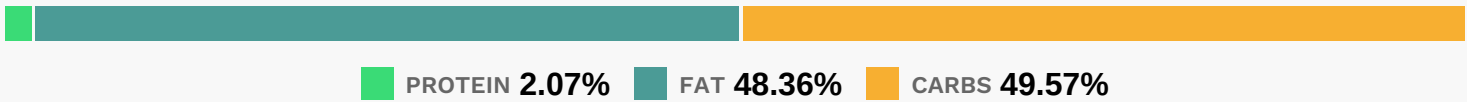
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Roll each chilled dough portion into a 12-inch square on a lightly floured surface.
- ☐ Brush evenly with 1/2 cup butter. Stir together brown sugar, cinnamon, and 1 cup pecans; sprinkle a third of mixture over each square, leaving a 1/2-inch border on all sides.
- ☐ Roll up, jellyroll fashion. Pinch seams to seal.
- ☐ Cut each roll into 12 (1-inch) slices, and place in a lightly greased 9-inch square pan.
- ☐ Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Bake at 350 for 25 to 30 minutes or until golden.
- ☐ Stir together powdered sugar, milk, and vanilla until smooth; drizzle over warm rolls, and sprinkle with remaining 1/2 cup pecans.
- ☐ *1 1/2 (32-ounce) packages frozen bread dough, thawed, may be substituted for 1 recipe Party
- ☐ Roll dough. Tip: Frozen bread dough is very elastic; after rolling it out, let it sit for a few minutes, and then roll it again.

Nutrition Facts



Properties

Glycemic Index:1.47, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.3917391086402%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 105.93kcal (5.3%), Fat: 5.89g (9.07%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 13.1g (4.76%), Sugar: 12.38g (13.75%), Cholesterol: 0.2mg (0.07%), Sodium: 36.4mg (1.58%), Alcohol:

0.03g (100%), Alcohol %: 0.16% (100%), Protein: 0.57g (1.13%), Manganese: 0.22mg (10.99%), Copper: 0.06mg (2.87%), Vitamin A: 118.27IU (2.37%), Vitamin B1: 0.03mg (2.08%), Fiber: 0.49g (1.97%), Magnesium: 6.21mg (1.55%), Phosphorus: 15.23mg (1.52%), Zinc: 0.22mg (1.44%), Vitamin E: 0.16mg (1.09%), Calcium: 10.38mg (1.04%)