



Cinnamon Raisin Pinwheels

READY IN



38 min.

SERVINGS



12

CALORIES



281 kcal

SIDE DISH

Ingredients

- 4 teaspoons double-acting baking powder
- 0.8 cup brown sugar packed
- 0.3 cup butter softened
- 2 cups flour all-purpose
- 1 tablespoon ground cinnamon
- 1 cup milk
- 0.5 cup raisins
- 1 teaspoon salt
- 0.5 cup shortening

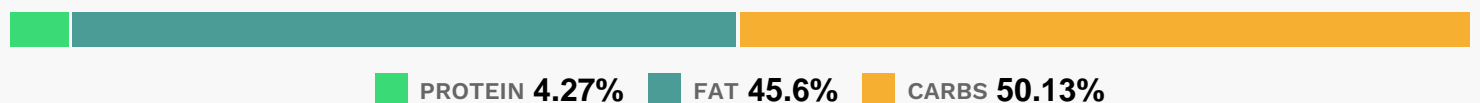
Equipment

- bowl
- oven
- muffin liners
- muffin tray

Directions

- Preheat oven to 425 degrees F (220 degrees C). Grease 12 muffin cups or line with paper muffin liners.
- In a large bowl, combine flour, baking powder and salt.
- Cut in shortening until mixture resembles coarse cornmeal.
- Add milk all at once to dry ingredients and stir with a fork until a soft dough is formed. Turn dough out onto lightly floured surface and knead gently 8 to 10 times.
- Roll out to a 12 inch square.
- Gently spread butter over dough.
- Combine brown sugar, cinnamon and raisins.
- Sprinkle evenly on top of dough.
- Roll up dough lightly like a jelly-roll. Seal edge.
- Cut into twelve 1 inch thick pieces.
- Place in prepared muffin tins.
- Bake in preheated oven for 14 to 18 minutes, until golden.
- Remove from heat immediately.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.57, Glycemic Load:14.76, Inflammation Score:-3, Nutrition Score:5.6308695622112%

Nutrients (% of daily need)

Calories: 281.24kcal (14.06%), Fat: 14.55g (22.39%), Saturated Fat: 5.8g (36.25%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 34.66g (12.6%), Sugar: 14.39g (15.99%), Cholesterol: 16mg (5.33%), Sodium: 389.76mg (16.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Manganese: 0.28mg (14.25%), Calcium: 127.98mg (12.8%), Vitamin B1: 0.18mg (12.26%), Selenium: 7.74µg (11.05%), Folate: 38.67µg (9.67%), Vitamin B2: 0.14mg (8.49%), Iron: 1.43mg (7.96%), Phosphorus: 79.27mg (7.93%), Vitamin B3: 1.35mg (6.73%), Fiber: 1.33g (5.32%), Vitamin K: 5.32µg (5.06%), Vitamin E: 0.71mg (4.72%), Vitamin A: 192.48IU (3.85%), Potassium: 125.62mg (3.59%), Copper: 0.06mg (2.87%), Magnesium: 10.96mg (2.74%), Vitamin B5: 0.26mg (2.55%), Vitamin B12: 0.12µg (2.01%), Vitamin B6: 0.04mg (1.99%), Zinc: 0.26mg (1.75%), Vitamin D: 0.22µg (1.49%)