



Cinnamon-Raisin Rolls

READY IN



10 min.

SERVINGS



100

CALORIES



78 kcal

BREAD

Ingredients

- ☐ 0.8 cup firmly brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 100 servings flour all-purpose
- ☐ 26.4 oz biscuits frozen
- ☐ 1 cup golden raisins
- ☐ 1 teaspoon ground cinnamon
- ☐ 3 tablespoons milk
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1 cup powdered sugar

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0.5 teaspoon vanilla extract

Equipment

☐

frying pan

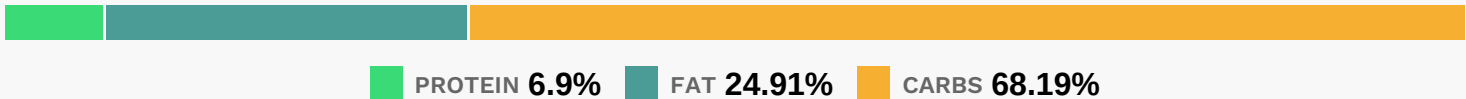
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oven

Directions

- ☐
- Arrange frozen biscuits, with sides touching, in 3 rows of 4 biscuits on a lightly floured surface.
- ☐
- Let stand 30 to 45 minutes or until biscuits are thawed but still cool to the touch.
- ☐
- Sprinkle thawed biscuits lightly with flour. Press biscuit edges together, and pat to form a 10- x 12-inch rectangle of dough; spread evenly with softened butter. Stir together brown sugar and cinnamon; sprinkle evenly over butter.
- ☐
- Sprinkle raisins and pecans evenly over brown sugar mixture.
- ☐
- Roll up, starting at one long end; cut into 12 (about 1-inch-thick) slices.
- ☐
- Place rolls into a lightly greased 10-inch cast-iron skillet, 10-inch round pan, or 9-inch square pan.
- ☐
- Bake at 375 for 35 to 40 minutes or until center rolls are golden brown and done; cool slightly.
- ☐
- Stir together 1 cup powdered sugar, 3 Tbsp. milk, and 1/2 tsp. vanilla; drizzle evenly over rolls.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:7.07, Inflammation Score:-1, Nutrition Score:2.0965217304133%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 78.15kcal (3.91%), Fat: 2.18g (3.36%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 13.02g (4.73%), Sugar: 3.96g (4.4%), Cholesterol: 1.35mg (0.45%), Sodium: 75.14mg (3.27%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Protein: 1.36g (2.72%), Vitamin B1: 0.09mg (6.32%), Selenium: 4.02µg (5.75%), Manganese: 0.11mg (5.71%), Folate: 19.16µg (4.79%), Phosphorus: 44.13mg (4.41%), Vitamin B2: 0.06mg (3.73%), Iron: 0.65mg (3.61%), Vitamin B3: 0.72mg (3.6%), Fiber: 0.42g (1.68%), Copper: 0.03mg (1.49%), Potassium: 40.99mg (1.17%), Magnesium: 4.32mg (1.08%)