



Cinnamon Roll Bites

READY IN



100 min.

SERVINGS



12

CALORIES



249 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup water
- ☐ 0.3 cup butter
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 package yeast dry quick
- ☐ 2 cups flour all-purpose
- ☐ 1 eggs beaten
- ☐ 0.5 cup brown sugar packed
- ☐ 2 teaspoons ground cinnamon

- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons butter softened
- ☐ 2 oz cream cheese softened
- ☐ 0.8 cup powdered sugar
- ☐ 2 tablespoons milk
- ☐ 0.3 cup frangelico

Equipment

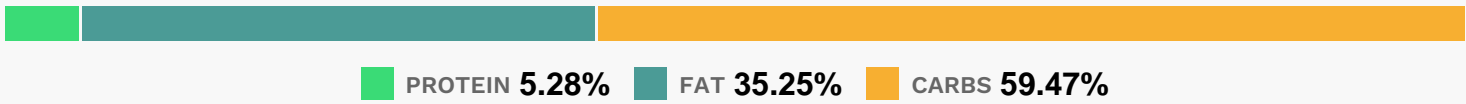
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ In 2-quart saucepan, heat half-and-half, water, butter, granulated sugar and salt over medium heat, stirring occasionally, until butter is melted. Cool until warm (110°F to 115°F).
- ☐ Sprinkle yeast on warm butter mixture; stir to dissolve. Stir in flour and egg until dough forms.
- ☐ On lightly floured surface, knead dough 5 to 8 minutes or until smooth. Grease large bowl with shortening or spray with cooking spray.
- ☐ Place dough in bowl, turning dough to grease all sides. Cover and let rise in warm place 40 to 45 minutes or until dough has doubled in size.
- ☐ Meanwhile, in small bowl, mix brown sugar and cinnamon. Grease bottom and sides of 13x9-inch pan with shortening or spray with cooking spray.
- ☐ On lightly floured surface, roll dough into 16x12-inch rectangle, 1/4 inch thick.
- ☐ Brush 2 tablespoons melted butter over rectangle.
- ☐ Sprinkle with brown sugar-cinnamon mixture.
- ☐ Roll up rectangle, beginning at 16-inch side; pinch edge of dough into roll to seal.
- ☐ Cut into 24 slices.

- ☐
- Place slices in pan. Cover and let rise in warm place 40 to 45 minutes or until dough has almost doubled in size.
- ☐
- Heat oven to 350°F.
- ☐
- Bake 17 to 27 minutes or until golden brown. Meanwhile, in medium bowl, beat all frosting ingredients with electric mixer on medium speed until well mixed.
- ☐
- Spread over warm rolls.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:14.53, Inflammation Score:-4, Nutrition Score:4.8565217726257%

Nutrients (% of daily need)

Calories: 249.44kcal (12.47%), Fat: 9.88g (15.21%), Saturated Fat: 2.72g (17.03%), Carbohydrates: 37.52g (12.51%), Net Carbohydrates: 36.63g (13.32%), Sugar: 20.76g (23.07%), Cholesterol: 18.71mg (6.24%), Sodium: 210.24mg (9.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin B1: 0.23mg (15.51%), Folate: 54.13µg (13.53%), Selenium: 8.88µg (12.68%), Manganese: 0.21mg (10.52%), Vitamin B2: 0.16mg (9.6%), Vitamin A: 424.38IU (8.49%), Vitamin B3: 1.49mg (7.45%), Iron: 1.15mg (6.38%), Phosphorus: 43.8mg (4.38%), Fiber: 0.9g (3.59%), Vitamin B5: 0.28mg (2.84%), Calcium: 27.1mg (2.71%), Vitamin E: 0.39mg (2.61%), Copper: 0.04mg (2.16%), Zinc: 0.28mg (1.89%), Magnesium: 7.42mg (1.86%), Potassium: 60.74mg (1.74%), Vitamin B6: 0.03mg (1.67%), Vitamin B12: 0.07µg (1.11%)