



Cinnamon Roll Dessert

READY IN



45 min.

SERVINGS



16

CALORIES



248 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 3 tablespoons butter divided melted
- ☐ 1 cup warm buttermilk low-fat (100° to 110°)
- ☐ 11 ounces cake flour divided sifted
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large eggs
- ☐ 2 teaspoons milk fat-free
- ☐ 7.8 ounces flour all-purpose divided
- ☐ 0.5 cup granulated sugar

- ☐ 1 teaspoon granulated sugar
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon salt
- ☐ 4 teaspoons cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup warm water (100° to 110°)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil
- ☐ springform pan
- ☐ measuring cup

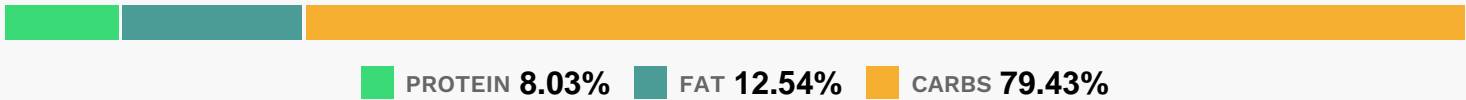
Directions

- ☐ To prepare roll, dissolve yeast and 1 teaspoon granulated sugar in 1/4 cup warm water in a small bowl; let yeast mixture stand 5 minutes.
- ☐ Spoon cake flour into dry measuring cups; level with a knife.
- ☐ Combine 2 cups cake flour, 1/2 cup granulated sugar, and salt in a large bowl.
- ☐ Add warm buttermilk and egg; beat with a mixer at medium-low speed for 30 seconds.
- ☐ Add yeast mixture, and beat 1 minute.
- ☐ Add remaining 1 cup cake flour, and beat for 1 minute. Lightly spoon all-purpose flour into dry measuring cups; level with a knife. Stir in 1 cup all-purpose flour to form a soft dough. Turn

dough out onto a floured surface.

- ☐ Sprinkle surface of dough with raisins. Knead until smooth and elastic (about 8 minutes); add enough of remaining all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 1/2 hours or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch the dough down. Divide into 3 pieces. Cover and let stand for 5 minutes (dough will feel sticky).
- ☐ Combine brown sugar, cinnamon, and cocoa in a small bowl. Working with one portion of dough at a time (cover remaining dough to prevent drying), roll dough into a 16 x 6-inch rectangle on a lightly floured surface.
- ☐ Brush surface of dough with 1 tablespoon butter, and sprinkle with one-third of brown sugar mixture.
- ☐ Roll up tightly, starting with a long edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal. Repeat procedure with the remaining dough, butter, and brown sugar mixture. Braid the 3 rolls, pinching ends to seal.
- ☐ Place braid in a 9-inch springform pan coated with cooking spray, forming a ring. Cover and let rise 1 hour or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Uncover dough, and bake at 350 for 25 minutes. Lightly cover with foil; bake 20 minutes or until golden brown and loaf sounds hollow when tapped. Cool 10 minutes in pan on a wire rack.
- ☐ Remove from pan; cool on wire rack.
- ☐ To prepare glaze, place powdered sugar, cream cheese, and vanilla in a medium bowl; beat with a mixer at low speed just until blended. Stir in fat-free milk.
- ☐ Drizzle over bread. Cool to room temperature before serving.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:28.76, Glycemic Load:23.43, Inflammation Score:-3, Nutrition Score:5.4486957101718%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 248.33kcal (12.42%), Fat: 3.5g (5.38%), Saturated Fat: 1.83g (11.47%), Carbohydrates: 49.83g (16.61%), Net Carbohydrates: 48.34g (17.58%), Sugar: 21.06g (23.4%), Cholesterol: 18.94mg (6.31%), Sodium: 188.12mg (8.18%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 5.03g (10.07%), Selenium: 14.24µg (20.34%), Manganese: 0.32mg (16.2%), Vitamin B1: 0.19mg (12.38%), Folate: 44.44µg (11.11%), Vitamin B2: 0.15mg (8.81%), Vitamin B3: 1.27mg (6.35%), Iron: 1.13mg (6.3%), Phosphorus: 62.57mg (6.26%), Fiber: 1.49g (5.96%), Copper: 0.09mg (4.68%), Calcium: 38.54mg (3.85%), Magnesium: 13.87mg (3.47%), Potassium: 120.99mg (3.46%), Vitamin B5: 0.33mg (3.32%), Zinc: 0.43mg (2.89%), Vitamin B6: 0.04mg (2.22%), Vitamin A: 109.63IU (2.19%), Vitamin D: 0.26µg (1.76%), Vitamin B12: 0.11µg (1.75%), Vitamin E: 0.2mg (1.31%)