



Cinnamon Roll Dough

READY IN



45 min.

SERVINGS



48

CALORIES



58 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3.5 cups bread flour divided
- 0.3 cup butter
- 1 large eggs lightly beaten
- 0.5 teaspoon salt
- 0.3 cup shortening
- 0.3 cup sugar
- 1 cup water boiling
- 0.3 ounce rapid-rise yeast

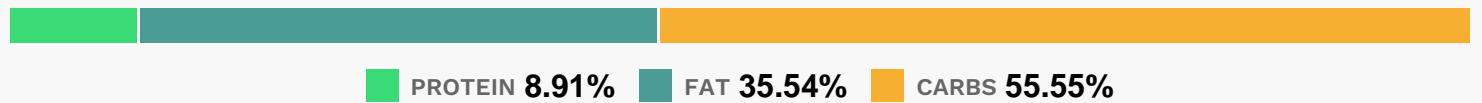
Equipment

- mixing bowl
- blender

Directions

- Combine yeast, sugar, salt, and 2 cups flour in large mixing bowl.
- Stir together shortening, butter, and 1 cup boiling water until melted. Cool to 120-130.
- Add butter mixture and lightly beaten egg to flour mixture, and beat at medium speed with a heavy duty mixer 1 minute.
- Remove beater, and replace with dough hook attachment.
- Add remaining 1 1/2 cups flour, beating 3 to 5 minutes. Cover and let rise in a warm place (85-95), free from drafts, 1 hour or until dough is doubled in bulk.
- Punch down dough.

Nutrition Facts



Properties

Glycemic Index:3.9, Glycemic Load:5.25, Inflammation Score:-1, Nutrition Score:1.0426086984251%

Nutrients (% of daily need)

Calories: 58.14kcal (2.91%), Fat: 2.29g (3.53%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 7.8g (2.84%), Sugar: 1.42g (1.58%), Cholesterol: 6.42mg (2.14%), Sodium: 33.87mg (1.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Selenium: 3.97µg (5.67%), Manganese: 0.07mg (3.65%), Folate: 6.99µg (1.75%), Vitamin B1: 0.02mg (1.61%), Phosphorus: 12.13mg (1.21%), Fiber: 0.26g (1.03%)