



Cinnamon Roll Filling

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

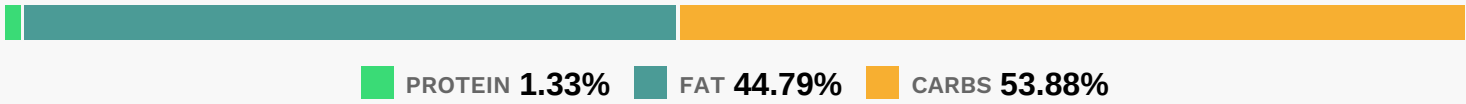
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 6 tablespoons flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1.5 tablespoons ground cinnamon

Equipment

Directions

☐ Combine all ingredients, stirring until blended.

Nutrition Facts



Properties

Glycemic Index:25.01, Glycemic Load:11.86, Inflammation Score:-2, Nutrition Score:2.4099999630581%

Nutrients (% of daily need)

Calories: 226.28kcal (11.31%), Fat: 11.62g (17.88%), Saturated Fat: 7.31g (45.66%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 30.5g (11.09%), Sugar: 25.87g (28.74%), Cholesterol: 30.5mg (10.17%), Sodium: 95.46mg (4.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Manganese: 0.31mg (15.48%), Vitamin A: 358.97IU (7.18%), Fiber: 0.95g (3.79%), Selenium: 2.34µg (3.34%), Calcium: 30.82mg (3.08%), Vitamin B1: 0.05mg (3.01%), Folate: 10.95µg (2.74%), Iron: 0.49mg (2.74%), Vitamin E: 0.37mg (2.45%), Vitamin B2: 0.04mg (2.09%), Vitamin B3: 0.37mg (1.87%), Vitamin K: 1.48µg (1.41%), Phosphorus: 10.99mg (1.1%), Copper: 0.02mg (1.03%)