

Cinnamon Rolls

 Vegetarian  Popular

READY IN



210 min.

SERVINGS



12

CALORIES



195 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.3 teaspoons active yeast dry
- 1.5 tablespoons butter melted
- 1 cup confectioners' sugar
- 1 eggs
- 3 cups flour all-purpose
- 0.8 teaspoon ground cinnamon
- 1.5 tablespoons milk
- 0.8 teaspoon salt

- 0.3 teaspoon vanilla extract
- 0.5 cup water
- 0.3 cup sugar white

Equipment

- frying pan
- sauce pan
- oven
- baking pan
- bread machine

Directions

- In saucepan, heat 1/2 cup milk, water, and 2 tablespoons butter until very warm.
- Place milk mixture, salt, flour, yeast, sugar, and eggs in the pan of the bread machine in the order suggested by the manufacturer. Select the Dough cycle. Press Start.
- Once Dough cycle is complete, remove the dough from the bread machine and punch down. On a floured surface, roll into a large rectangle. Smear with the softened butter.
- Combine the cinnamon and 1/3 cup sugar.
- Sprinkle over the rectangle. Generously sprinkle the raisins and/or chopped nuts over the top.
- Roll the dough up into a log starting at the long side.
- Cut into 12 slices.
- Place the rolls cut side down into a 9x13-inch greased baking pan. Cover, and let rise in a warm place until almost doubled, about 30 minutes.
- Preheat an oven to 375 degrees F (190 degrees C).
- Combine the confectioners' sugar, 1.5 tablespoons melted butter, vanilla extract, and 1.5 tablespoons milk into a thick frosting; set aside.
- Bake rolls in preheated oven until golden, 20 to 25 minutes.
- Remove and allow to cool 10 minutes.
- Spread frosting over baked rolls and enjoy.

Nutrition Facts

■ PROTEIN 8.21% ■ FAT 10.14% ■ CARBS 81.65%

Properties

Glycemic Index:19.84, Glycemic Load:21.17, Inflammation Score:-3, Nutrition Score:5.441739163078%

Nutrients (% of daily need)

Calories: 195.4kcal (9.77%), Fat: 2.2g (3.38%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 39.83g (13.28%), Net Carbohydrates: 38.76g (14.09%), Sugar: 15.53g (17.25%), Cholesterol: 17.63mg (5.88%), Sodium: 164.21mg (7.14%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Protein: 4.01g (8.01%), Vitamin B1: 0.31mg (20.81%), Folate: 72.62µg (18.16%), Selenium: 11.92µg (17.02%), Manganese: 0.24mg (11.95%), Vitamin B2: 0.2mg (11.81%), Vitamin B3: 2.09mg (10.43%), Iron: 1.55mg (8.6%), Phosphorus: 47.12mg (4.71%), Fiber: 1.07g (4.27%), Vitamin B5: 0.28mg (2.81%), Copper: 0.05mg (2.67%), Zinc: 0.33mg (2.18%), Magnesium: 8.08mg (2.02%), Vitamin B6: 0.03mg (1.51%), Potassium: 48.3mg (1.38%), Vitamin A: 66.94IU (1.34%), Calcium: 11.44mg (1.14%)