



Cinnamon Rolls

 Popular

READY IN



110 min.

SERVINGS



15

CALORIES



393 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter
- 0.5 cup butter melted plus more for pan
- 4 tablespoons butter
- 1 eggs
- 3.5 cups flour all-purpose
- 2 tablespoons ground cinnamon
- 0.5 cup scalded milk
- 0.8 cup pecans

- 2 cups powdered sugar
- 1 teaspoon salt
- 0.3 cup sugar
- 0.8 cup sugar plus more for pan
- 1 teaspoon vanilla extract
- 0.5 cup warm water
- 3 tablespoons water hot
- 0.3 ounce yeast

Equipment

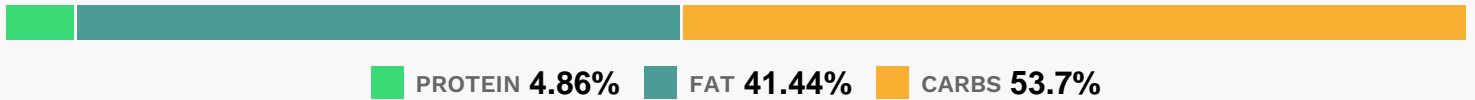
- bowl
- frying pan
- oven
- baking pan

Directions

- Heat oven to 350 degrees F.
- In a small bowl, dissolve yeast in warm water and set aside. In a large bowl mix milk, sugar, melted butter, salt and egg.
- Add 2 cups of flour and mix until smooth.
- Add yeast mixture.
- Mix in remaining flour until dough is easy to handle. Knead dough on lightly floured surface for 5 to 10 minutes.
- Place in well-greased bowl, cover and let rise until doubled in size, usually 1 to 1 1/2 hours.
- When doubled in size, punch down dough.
- Roll out on a floured surface into a 15 by 9-inch rectangle.
- Spread melted butter all over dough.
- Mix sugar and cinnamon and sprinkle over buttered dough.

- Sprinkle with walnuts, pecans, or raisins if desired. Beginning at the 15-inch side, role up dough and pinch edge together to seal.
- Cut into 12 to 15 slices.
- Coat the bottom of baking pan with butter and sprinkle with sugar.
- Place cinnamon roll slices close together in the pan and let rise until dough is doubled, about 45 minutes.
- Bake for about 30 minutes or until nicely browned.
- Meanwhile, mix butter, powdered sugar, and vanilla.
- Add hot water 1 tablespoon at a time until the glaze reaches desired consistency.
- Spread over slightly cooled rolls.

Nutrition Facts



Properties

Glycemic Index:25.21, Glycemic Load:25.65, Inflammation Score:-4, Nutrition Score:7.6547825187445%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 393.3kcal (19.67%), Fat: 18.45g (28.39%), Saturated Fat: 7.6g (47.52%), Carbohydrates: 53.8g (17.93%), Net Carbohydrates: 51.93g (18.88%), Sugar: 29.65g (32.95%), Cholesterol: 36.18mg (12.06%), Sodium: 237.2mg (10.31%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 4.87g (9.74%), Manganese: 0.59mg (29.49%), Vitamin B1: 0.31mg (20.56%), Folate: 71.95µg (17.99%), Selenium: 11.59µg (16.56%), Vitamin B2: 0.21mg (12.15%), Vitamin B3: 2.01mg (10.04%), Iron: 1.7mg (9.43%), Fiber: 1.87g (7.49%), Copper: 0.15mg (7.35%), Phosphorus: 72.18mg (7.22%), Vitamin A: 315.72IU (6.31%), Magnesium: 18.25mg (4.56%), Vitamin E: 0.66mg (4.4%), Vitamin K: 3.83µg (3.65%), Calcium: 36.09mg (3.61%), Zinc: 0.53mg (3.52%), Vitamin B5: 0.35mg (3.48%), Vitamin B6: 0.06mg (3.17%), Potassium: 86.09mg (2.46%), Vitamin B12: 0.09µg (1.49%)