



Cinnamon Rolls

READY IN



40 min.

SERVINGS



24

CALORIES



277 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 tablespoons butter softened
- 3 cups powdered sugar
- 5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 2 tablespoons milk 2%
- 0.5 cup sugar
- 1.5 teaspoons vanilla extract
- 2.5 cups water (120° to 130°)
- 0.5 ounce yeast

1 package cake mix yellow (regular size)

Equipment

bowl

oven

baking pan

Directions

In a large bowl, combine 4 cups flour, cake mix, yeast and warm water until smooth.

Add enough remaining flour to form a soft dough.

Turn onto a lightly floured surface; knead until smooth and elastic, about 5 minutes.

Place in a greased bowl, turning once to grease top. Cover and let rise until doubled, about 45 minutes.

Punch dough down. Turn onto a lightly floured surface; divide in half.

Roll each portion into a 14x10-in. rectangle.

Brush with butter; sprinkle with sugar and cinnamon.

Roll up jelly-roll style, starting with a long side.

Cut each roll into 12 slices; place cut side down in two greased 13x9-in. baking pans. Cover and let rise until almost doubled, about 20 minutes.

Bake at 400° for 10–15 minutes or until golden brown. Cool for 20 minutes. For frosting, in a large bowl, cream the butter, confectioners' sugar and vanilla and enough milk to achieve desired consistency. Frost warm rolls.

Nutrition Facts



PROTEIN 5.47% **FAT 12.24%** **CARBS 82.29%**

Properties

Glycemic Index:8.34, Glycemic Load:17.29, Inflammation Score:-3, Nutrition Score:5.993912977126%

Nutrients (% of daily need)

Calories: 277.02kcal (13.85%), Fat: 3.78g (5.81%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 57.15g (19.05%), Net Carbohydrates: 55.98g (20.36%), Sugar: 28.32g (31.47%), Cholesterol: 7.63mg (2.54%), Sodium: 182.34mg (7.93%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 3.8g (7.6%), Vitamin B1: 0.32mg (21.32%), Folate: 76.3µg (19.07%), Selenium: 9.7µg (13.86%), Vitamin B2: 0.21mg (12.32%), Manganese: 0.24mg (11.83%), Vitamin B3: 2.28mg (11.39%), Phosphorus: 100.72mg (10.07%), Iron: 1.69mg (9.38%), Calcium: 53.67mg (5.37%), Fiber: 1.16g (4.66%), Copper: 0.06mg (3.07%), Vitamin B5: 0.28mg (2.81%), Magnesium: 8.74mg (2.18%), Zinc: 0.3mg (2.02%), Vitamin E: 0.3mg (1.98%), Vitamin B6: 0.04mg (1.88%), Vitamin A: 88.99IU (1.78%), Potassium: 47.33mg (1.35%)