



## Cinnamon Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.5 ounce yeast dry
- ☐ 36 servings glaze
- ☐ 1.3 cups brown sugar light packed
- ☐ 0.5 cup butter softened
- ☐ 5 large eggs lightly beaten
- ☐ 9.5 cups flour all-purpose
- ☐ 4 teaspoons ground cinnamon
- ☐ 0.5 cup pecans toasted chopped

- ☐ 0.5 cup potatoes instant
- ☐ 1 tablespoon salt
- ☐ 1 cup shortening melted
- ☐ 1 cup sugar
- ☐ 1 cup water
- ☐ 2 cups water (100° to 110°)

## Equipment

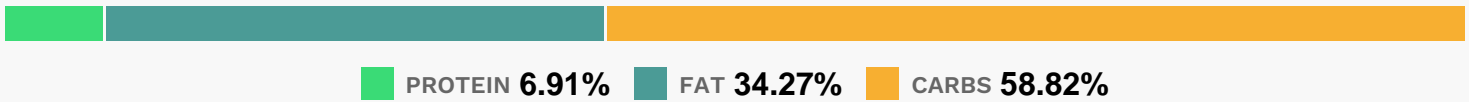
- ☐ bowl
- ☐ oven
- ☐ microwave
- ☐ measuring cup

## Directions

- ☐ Stir together potato flakes and 1 cup water in a microwave-safe bowl. Microwave at HIGH 3 minutes; stir.
- ☐ Combine yeast and 2 cups warm water in a 2-cup glass measuring cup; let stand 5 minutes.
- ☐ Combine mashed potatoes, 4 cups flour, eggs, and next 3 ingredients in a 6-quart bowl. Stir in yeast mixture until blended. Gradually stir in remaining 5 1/2 to 6 cups flour until soft dough forms.
- ☐ Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Divide dough in half.
- ☐ Roll each portion on a lightly floured surface into an 18- x 15-inch rectangle.
- ☐ Spread each with half of butter; sprinkle with 2/3 cup brown sugar, 2 teaspoons cinnamon, 1/4 cup pecans, and, if desired, 1/4 cup raisins.
- ☐ Roll up, jellyroll fashion, starting at a long edge.
- ☐ Cut each roll into 1-inch-thick slices. Arrange in 4 (13- x 9-inch) pans or 8 (8-inch) square pans.
- ☐ Cover and let rise in a warm place (8
- ☐ free from drafts, 30 minutes or until doubled in bulk.

- ☐ Bake at 375 for 25 minutes or until golden.
- ☐ Drizzle with Glaze.
- ☐ NOTE: Unbaked rolls may be frozen. To bake, remove from freezer, and thaw in refrigerator 8 hours.
- ☐ Bake as directed.

Nutrition Facts



Properties

Glycemic Index:4.45, Glycemic Load:22.1, Inflammation Score:-3, Nutrition Score:6.7273913751478%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 270.6kcal (13.53%), Fat: 10.36g (15.94%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 40g (13.33%), Net Carbohydrates: 38.69g (14.07%), Sugar: 13.66g (15.17%), Cholesterol: 25.83mg (8.61%), Sodium: 238.68mg (10.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.39%), Vitamin B1: 0.32mg (21.65%), Selenium: 13.65µg (19.5%), Folate: 73.68µg (18.42%), Manganese: 0.34mg (17.12%), Vitamin B2: 0.22mg (12.68%), Vitamin B3: 2.19mg (10.97%), Iron: 1.79mg (9.97%), Phosphorus: 58.57mg (5.86%), Fiber: 1.31g (5.26%), Copper: 0.08mg (4.1%), Vitamin B5: 0.39mg (3.87%), Vitamin E: 0.57mg (3.77%), Vitamin K: 3.35µg (3.19%), Vitamin A: 151.87IU (3.04%), Magnesium: 11.85mg (2.96%), Zinc: 0.44mg (2.9%), Vitamin B6: 0.05mg (2.28%), Potassium: 77.27mg (2.21%), Calcium: 21mg (2.1%), Vitamin B12: 0.07µg (1.09%)