



Cinnamon Rolls

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



112 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 teaspoon cinnamon
- ☐ 0.5 cup powdered sugar
- ☐ 3 tablespoons cream cheese at room temperature
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 0.5 cup pecans chopped
- ☐ 1 pound pizza dough frozen thawed
- ☐ 4 tablespoons butter unsalted at room temperature ()
- ☐ 0.3 teaspoon vanilla extract

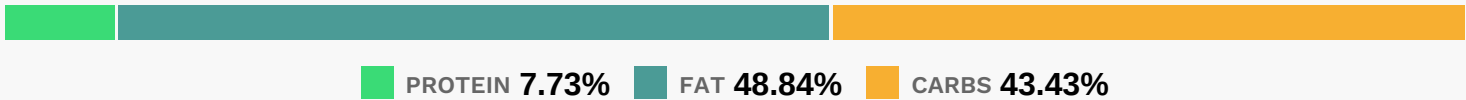
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ cake form
- ☐ kitchen towels

Directions

- ☐ Grease a 9-inch round cake pan.
- ☐ Mix brown sugar and cinnamon in a bowl; stir in nuts.
- ☐ Roll out dough on a lightly floured surface to a 15-by-7-inch rectangle.
- ☐ Spread butter on top; sprinkle with sugar mixture.
- ☐ Starting at long edge, roll up dough, jelly-roll fashion. Moisten edges with water; pinch to seal.
- ☐ Cut crosswise into 16 slices.
- ☐ Place rolls in pan, with space between them. Cover with a clean kitchen towel; let rise in a warm place until doubled in size, about 1 hour. Preheat oven to 400F.
- ☐ Bake until tops of rolls are golden brown, 15 to 20 minutes.
- ☐ Let stand 10 minutes.
- ☐ Make frosting: Using an electric mixer on medium speed, beat confectioners' sugar, butter, cream cheese and vanilla until light, about 2 minutes. Frost rolls.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:1.68, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.5543478014676%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 112.16kcal (5.61%), Fat: 6.21g (9.56%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 11.79g (4.29%), Sugar: 7.42g (8.25%), Cholesterol: 9.11mg (3.04%), Sodium: 88.1mg (3.83%), Alcohol: 0.01g (100%), Alcohol %: 0.06% (100%), Protein: 2.21g (4.43%), Manganese: 0.16mg (8.23%), Selenium: 4.22µg (6.04%), Phosphorus: 41.13mg (4.11%), Calcium: 40.51mg (4.05%), Vitamin B1: 0.05mg (3.55%), Copper: 0.07mg (3.52%), Vitamin B2: 0.05mg (3.23%), Vitamin A: 142.79IU (2.86%), Iron: 0.51mg (2.82%), Fiber: 0.64g (2.56%), Vitamin B12: 0.15µg (2.49%), Zinc: 0.35mg (2.34%), Vitamin B3: 0.43mg (2.16%), Folate: 7.65µg (1.91%), Vitamin E: 0.28mg (1.88%), Magnesium: 7.45mg (1.86%), Vitamin K: 1.49µg (1.42%), Potassium: 45.57mg (1.3%), Vitamin B6: 0.02mg (1.13%)