

# Cinnamon Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 ounce yeast dry
- 0.8 cup brown sugar packed
- 0.3 cup butter softened
- 24 servings powdered sugar
- 0.8 cup currants dried
- 3 eggs beaten
- 7 cups flour all-purpose divided
- 5 teaspoons ground cinnamon

- 1 cup milk
- 1 teaspoon salt
- 0.5 cup sugar divided
- 1 cup water (110° to 115°)

## Equipment

- bowl
- sauce pan
- oven
- wire rack
- baking pan

## Directions

- In a large bowl, dissolve yeast and 1 tablespoon sugar in water. In a saucepan, heat milk and butter to 110°–115°; add to yeast mixture. Stir in 3 cups flour, eggs, salt and remaining sugar. Stir in enough remaining flour to make a soft dough.
- Turn out onto a lightly floured surface. Knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down and divide in half.
- Roll each half into a 15-in. x 12-in. rectangle.
- Brush with softened butter.
- Combine the cinnamon, sugar and raisins or currants; sprinkle evenly over rectangle.
- Roll up tightly, jelly-roll style, starting with the long side. Slice each roll into 12 pieces.
- Place in two greased 13-in. x 9-in. baking pans. Cover and let rise until doubled, about 30 minutes.
- Bake at 350° for 25–30 minutes or until golden brown. Cool in pans for 5 minutes; invert onto a wire rack. Frost with icing if desired.
- Serve warm.

## Nutrition Facts

PROTEIN 8.21% FAT 11.29% CARBS 80.5%

## Properties

Glycemic Index:10.96, Glycemic Load:24.04, Inflammation Score:-3, Nutrition Score:7.2273912468682%

## Nutrients (% of daily need)

Calories: 252.91kcal (12.65%), Fat: 3.2g (4.92%), Saturated Fat: 1.64g (10.28%), Carbohydrates: 51.26g (17.09%), Net Carbohydrates: 49.7g (18.07%), Sugar: 22.07g (24.53%), Cholesterol: 26.76mg (8.92%), Sodium: 129.4mg (5.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Vitamin B1: 0.37mg (24.43%), Folate: 83.74µg (20.93%), Selenium: 14.51µg (20.73%), Manganese: 0.35mg (17.57%), Vitamin B2: 0.25mg (14.86%), Vitamin B3: 2.49mg (12.46%), Iron: 1.98mg (10.98%), Phosphorus: 69.86mg (6.99%), Fiber: 1.56g (6.25%), Copper: 0.08mg (3.98%), Vitamin B5: 0.38mg (3.77%), Calcium: 36.12mg (3.61%), Potassium: 114.23mg (3.26%), Magnesium: 12.86mg (3.21%), Zinc: 0.45mg (2.97%), Vitamin B6: 0.06mg (2.87%), Vitamin A: 109.78IU (2.2%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.22µg (1.48%), Vitamin E: 0.15mg (1.03%)