

 4%
HEALTH SCORE

Cinnamon Rolls by Bing

 Vegetarian

READY IN

45 min.

SERVINGS

25

CALORIES

666 kcal

- MORNING MEAL
- BRUNCH
- BREAKFAST

Ingredients

- 4 cups milk whole
- 1 cup vegetable oil
- 1 cup sugar
- 16 g yeast dry
- 9 cups flour plain
- 1 teaspoon double-acting baking powder ()
- 1 teaspoon baking soda (scant)
- 2 teaspoons salt

- 3 cups butter whole melted (I just a block 500 g of butter)
- 1 cup sugar
- 1 cup brown sugar
- 1 cup brown sugar
- 0.3 cup ground cinnamon
- 2 cups pecans chopped
- 0.3 cup coffee instant
- 1 tablespoon honey good (I used a coffee flavoured Manuka honey)
- 6 tablespoons butter melted
- 1 pinch salt
- 2 cups powdered sugar
- 2 tablespoons cup heavy whipping cream fresh

Equipment

- frying pan
- oven
- whisk
- pot
- rolling pin

Directions

- Begin by pouring 4 C of whole milk into a large cooking pot.
- Add 1 C of sugar.
- Add 1 C of vegetable oil.
- Heat it over a medium flame and stir till sugar has dissolved. Do NOT boil.
- Set the mixture aside to cool till lukewarm. About 38 deg C. Check with your finger right into the mixture. If its hot, then cool some more. I should be just very mildly comfortably warm to the touch.
- When the mixture is lukewarm, add 2 packets of instant dry yeast (about 16g, 4.5 teaspoons).

- Sprinkle the yeast on the surface of the mixture. Leave it for 3 to 5 minutes. If the yeast is fresh and alive, you will see it growing and poofing up.
- Add 8 C of plain flour.
- Mix it all up together. Dont overmix.
- Cover with a table cloth and set aside covered in a warm place for 1 hour.
- After an hour, the dough would have risen to twice its size. Punch the dough down.
- Add the last C of flour.
- Add 1 heaping teaspoon of baking powder.
- Add 1 scant teaspoon of baking soda.
- Add 2 teaspoons of salt.
- Mix it up. Cover the dough again. And this time, either leave it in a warm place again for 1 hour. Or leave it covered in the fridge for 3 hours to rise slowly.
- Note: I left it in the fridge for 3 hours. The dough may be easier to manage when left to rise this way instead as it will be colder and harder.
- After the mentioned time, the dough would have risen again. Punch it down.
- Knead the dough for a few moments and then transfer the dough to the working table that has been lightly floured.
- If the dough is too wet at this stage. Chill it in the fridge for a while. Itll help.
- Flour a rolling pin. And roll out the dough into a huge long rectangle.
- Cut the dough into 2 parts. So that there are two long pieces of dough.
- Pour 2 cups of melted butter onto the rolled out dough.
- Note: Check your dough. If its VERY wet, reduce the amount of melted butter added at this stage. When the rolls are laid out in the pan later, pour the rest of the melted butter on them instead. I really prefer to add all the melted butter at this stage because the flavour goes right into the dough.
- Using fingers, evenly distribute the butter.
- Sprinkle 1/4 cup of cinnamon over the dough.
- Sprinkle 1 cup of castor sugar over the dough.
- Sprinkle 1 cup of brown sugar over the dough. As brown sugar gets clumpy. I scattered the sugar on the dough with my fingers.

- Chop some pecan nuts to get about 2 cups worth of chopped pecans.
- Sprinkle the chopped pecan nuts onto the rolled dough.
- Roll up the dough, lengthwise. It will be a really long roll. If the dough is very wet and you are struggling to roll it, add some flour to the surfaces to help you roll.
- Cut into 1 inch thick rolls.
- Rub pans or baking dishes generously with more melted butter.
- Place the cinnamon rolls comfortably in each pan/dish. Do not overcrowd as they will expand alot in the pan.
- Pour remaining butter over the rolls. Dont be afraid!
- Set them aside for 1 hour. If theres wind/draft in your kitchen, cover the rolls with table cloths. The rolls will rise some more.
- Pop the rolls into a oven, preheated at 180 deg Celsius.
- Bake for 15 to 17 minutes.
- While the rolls are baking, make the icing. Dont get stressed about the proportions. Just mix the ingredients till you get a gooey consistency to pour over like syrup.
- Make a 1/4 cup of strong coffee with 1/4 cup water and one 3-in-1 coffee mix.
- Add 1 tablespoon of the best honey you can get your hands on. Maple syrup works too.
- Stir the honey into the coffee.
- Add a pinch of salt.
- Add 6 tablespoons of melted butter.
- Add 2 cups of icing sugar.
- Whisk it all up.
- Add 1 to 2 tablespoons of fresh cream.
- Stir in the cream.
- Pour the icing over the rolls while they are still hot.

Nutrition Facts

 PROTEIN 4.48%  FAT 45.67%  CARBS 49.85%

Properties

Glycemic Index:20.5, Glycemic Load:37.18, Inflammation Score:-7, Nutrition Score:13.641739130435%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg

Taste

Sweetness: 100%, Saltiness: 11.21%, Sourness: 5.12%, Bitterness: 3.29%, Savoriness: 7.89%, Fattiness: 91.76%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 665.59kcal (33.28%), Fat: 34.53g (53.12%), Saturated Fat: 17.57g (109.84%), Carbohydrates: 84.79g (28.26%), Net Carbohydrates: 81.38g (29.59%), Sugar: 45.54g (50.6%), Cholesterol: 71.83mg (23.94%), Sodium: 467.89mg (20.34%), Caffeine: 74.29mg (24.76%), Protein: 7.61g (15.23%), Manganese: 1.13mg (56.7%), Vitamin B1: 0.5mg (33.35%), Folate: 100.37µg (25.09%), Selenium: 17.43µg (24.91%), Vitamin B2: 0.33mg (19.57%), Vitamin B3: 3.78mg (18.9%), Vitamin A: 856.99IU (17.14%), Iron: 2.77mg (15.4%), Fiber: 3.41g (13.62%), Phosphorus: 135.01mg (13.5%), Calcium: 120.12mg (12.01%), Copper: 0.19mg (9.25%), Magnesium: 36.01mg (9%), Potassium: 272.15mg (7.78%), Vitamin E: 1.08mg (7.17%), Zinc: 0.98mg (6.51%), Vitamin K: 6.7µg (6.38%), Vitamin B5: 0.57mg (5.69%), Vitamin B12: 0.27µg (4.42%), Vitamin B6: 0.08mg (4.15%), Vitamin D: 0.45µg (2.99%)