



## Cinnamon Rolls From Frozen Bread Dough - EASY

READY IN



130 min.

SERVINGS



20

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 pound bread dough frozen thawed
- 0.7 cup brown sugar
- 2 tablespoons butter melted
- 0.7 cup confectioners' sugar sifted
- 1 teaspoon ground cinnamon
- 0.3 cup heavy whipping cream
- 1 tablespoon milk as needed
- 1 dash vanilla extract

0.5 cup walnuts chopped

## Equipment

bowl

oven

## Directions

Lightly grease 2 round cake pans with butter.

Roll bread dough out to an 18x6-inch rectangle and brush with melted butter.

Mix brown sugar, walnuts, and cinnamon in a bowl; sprinkle over dough.

Roll dough into a log, starting at the long edge. Moisten edge with a little water; seal the edge.

Cut log into 20 slices; arrange rolls, cut sides down, in prepared cake pans. Cover with a towel and let rise in a warm place until doubled in volume, about 1 1/2 hours.

Preheat oven to 350 degrees F (175 degrees C).

Pour heavy cream over dough.

Bake in preheated oven until golden brown, about 25 minutes.

Stir confectioners' sugar, milk, and vanilla extract in a bowl until smooth, adding more milk or sugar as needed so the mixture is easily drizzled.

Drizzle over warm cinnamon rolls to serve.

## Nutrition Facts



**PROTEIN 5.38%** **FAT 32.24%** **CARBS 62.38%**

## Properties

Glycemic Index:5.65, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.1417391280765%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

## Nutrients (% of daily need)

Calories: 144.57kcal (7.23%), Fat: 5.16g (7.94%), Saturated Fat: 1.83g (11.41%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 21.79g (7.92%), Sugar: 11.26g (12.51%), Cholesterol: 7.58mg (2.53%), Sodium: 119.22mg (5.18%),

Alcohol: 0g (100%), Alcohol %: 0.01% (100%), Protein: 1.94g (3.88%), Manganese: 0.12mg (6.11%), Fiber: 0.69g (2.77%), Copper: 0.05mg (2.55%), Vitamin A: 95.39IU (1.91%), Magnesium: 5.74mg (1.43%), Phosphorus: 13.87mg (1.39%), Calcium: 13.87mg (1.39%), Vitamin B6: 0.02mg (1.04%)