

Cinnamon Rolls II

 Vegetarian

READY IN



115 min.

SERVINGS



24

CALORIES



279 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon active yeast dry
- ☐ 1 tablespoon butter softened
- ☐ 2 cups confectioners' sugar
- ☐ 3 ounce cream cheese softened
- ☐ 2 cups brown sugar dark
- ☐ 2 eggs
- ☐ 6 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon

- ☐ 3 tablespoons milk
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 1 cup sugar white

Equipment

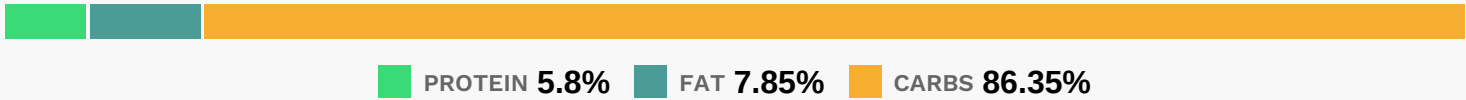
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Warm the milk in a small saucepan until it bubbles, then remove from heat.
- ☐ Mix in the butter; stir until melted.
- ☐ Add water and let cool until lukewarm.
- ☐ In a large bowl, combine the milk mixture, yeast, white sugar, salt, eggs and 2 cups flour; stir well to combine. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.
- ☐ Divide dough into two pieces.
- ☐ Roll each piece into a 12x9 inch rectangle. In a bowl, stir together the cinnamon and brown sugar.
- ☐ Spread each piece with half of the butter, half of the brown sugar and cinnamon mixture.
- ☐ Roll up dough, using a little water to seal the seam.
- ☐ Cut each roll into 12 slices using a very sharp knife or dental floss.
- ☐ Place rolls onto two 9x13 inch greased baking pans. Cover and let rise until almost doubled, about 1 hour. Meanwhile, preheat oven to 375 degrees F (190 degrees C).
- ☐ Bake in preheated oven for 20 to 25 minutes until golden brown.

- ☐
- To make frosting; combine confectioner's sugar, cream cheese, butter and vanilla.
- ☐
- Add milk gradually until frosting reaches a spreading consistency.
- ☐
- Spread over warm (but not hot) cinnamon rolls.

Nutrition Facts



Properties

Glycemic Index:11.05, Glycemic Load:23.16, Inflammation Score:-2, Nutrition Score:5.4191303399756%

Nutrients (% of daily need)

Calories: 278.55kcal (13.93%), Fat: 2.45g (3.77%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 60.64g (20.21%), Net Carbohydrates: 59.66g (21.69%), Sugar: 36.22g (40.24%), Cholesterol: 18.7mg (6.23%), Sodium: 124.34mg (5.41%), Alcohol: 0.03g (100%), Alcohol %: 0.04% (100%), Protein: 4.07g (8.14%), Vitamin B1: 0.27mg (17.8%), Selenium: 12.41µg (17.73%), Folate: 63.34µg (15.84%), Manganese: 0.26mg (12.86%), Vitamin B2: 0.19mg (11.32%), Vitamin B3: 1.94mg (9.71%), Iron: 1.68mg (9.32%), Phosphorus: 48.74mg (4.87%), Fiber: 0.98g (3.91%), Copper: 0.06mg (3.06%), Calcium: 30.11mg (3.01%), Vitamin B5: 0.27mg (2.68%), Magnesium: 9.82mg (2.46%), Zinc: 0.32mg (2.11%), Potassium: 73.33mg (2.1%), Vitamin A: 85.5IU (1.71%), Vitamin B6: 0.03mg (1.67%)