



## Cinnamon Rolls III

 Vegetarian  Popular

READY IN



140 min.

SERVINGS



16

CALORIES



287 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 ounce active yeast dry
- 4 cups bread flour
- 1 cup brown sugar
- 0.3 cup butter softened
- 1 cup confectioners' sugar
- 4 ounce cream cheese softened
- 1 eggs room temperature
- 4 teaspoons ground cinnamon

- 3.4 ounce vanilla pudding mix instant
- 1 cup warm milk
- 1.5 teaspoons milk
- 0.5 teaspoon salt
- 0.5 teaspoon vanilla extract
- 0.3 cup water at room temperature
- 1 tablespoon sugar white

## Equipment

- bowl
- frying pan
- oven
- baking pan
- bread machine

## Directions

- In the pan of your bread machine, combine water, 1/4 cup melted butter, vanilla pudding, 1 cup warm milk, egg, 1 tablespoon sugar, salt, bread flour, and yeast. Set machine to Dough cycle; press Start.
- When Dough cycle has finished, turn dough out onto a lightly floured surface and roll into a 17x10 inch rectangle.
- Spread with 1/2 cup softened butter. In a small bowl, stir together brown sugar, cinnamon, and pecans.
- Sprinkle brown sugar mixture over dough.
- Butter a 9x13-inch baking pan.
- Roll up dough, beginning with long side. Slice into 16 one-inch slices; place in prepared pan.
- Let rolls rise in a warm place until doubled, about 45 minutes.
- Preheat oven to 350 degrees F (175 degrees C).
- Bake rolls in preheated oven until browned, 15 to 20 minutes.

Stir together cream cheese, 1/4 cup softened butter, confectioners' sugar, vanilla extract, and 1/2 teaspoons milk.

Remove rolls from oven and let cool until warm; spread frosting over warm rolls.

## Nutrition Facts

**PROTEIN 7.36%** **FAT 20.81%** **CARBS 71.83%**

### Properties

Glycemic Index:18.44, Glycemic Load:15.6, Inflammation Score:-2, Nutrition Score:4.6017390834573%

### Nutrients (% of daily need)

Calories: 286.59kcal (14.33%), Fat: 6.66g (10.25%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 51.77g (17.26%), Net Carbohydrates: 50.6g (18.4%), Sugar: 27.36g (30.4%), Cholesterol: 26.9mg (8.97%), Sodium: 170.97mg (7.43%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 5.31g (10.61%), Selenium: 14.51µg (20.73%), Manganese: 0.35mg (17.42%), Phosphorus: 63.89mg (6.39%), Folate: 22.88µg (5.72%), Vitamin B1: 0.09mg (5.7%), Vitamin B2: 0.09mg (5.35%), Calcium: 50.4mg (5.04%), Fiber: 1.17g (4.68%), Vitamin A: 226.23IU (4.52%), Copper: 0.07mg (3.65%), Vitamin B5: 0.36mg (3.62%), Magnesium: 12.57mg (3.14%), Zinc: 0.46mg (3.04%), Iron: 0.5mg (2.76%), Potassium: 95.07mg (2.72%), Vitamin B3: 0.54mg (2.7%), Vitamin B12: 0.13µg (2.19%), Vitamin B6: 0.04mg (2.15%), Vitamin E: 0.32mg (2.11%), Vitamin D: 0.23µg (1.52%)