

Cinnamon Rolls III



Vegetarian



Popular

READY IN



140 min.

SERVINGS



16

CALORIES



322 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
- ☐ 0.8 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water at room temperature
- ☐ 1 tablespoon sugar white

Equipment

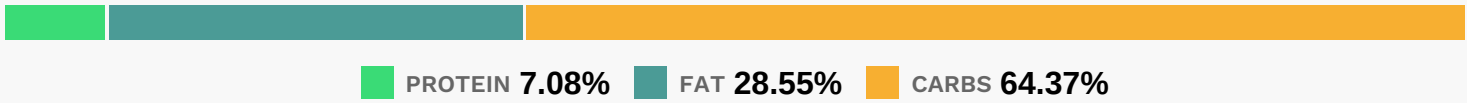
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ bread machine

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 1/2 teaspoons milk.
- ☐ Remove rolls from oven and let cool until warm; spread frosting over warm rolls.

Nutrition Facts



Properties

Glycemic Index:19.07, Glycemic Load:15.62, Inflammation Score:-2, Nutrition Score:5.8173913087534%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg

Nutrients (% of daily need)

Calories: 321.9kcal (16.09%), Fat: 10.34g (15.91%), Saturated Fat: 4.04g (25.23%), Carbohydrates: 52.48g (17.49%), Net Carbohydrates: 50.82g (18.48%), Sugar: 27.56g (30.62%), Cholesterol: 26.9mg (8.97%), Sodium: 170.97mg (7.43%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 5.77g (11.55%), Manganese: 0.58mg (28.92%), Selenium: 14.71µg (21.01%), Vitamin B1: 0.12mg (7.95%), Phosphorus: 78.04mg (7.8%), Copper: 0.13mg (6.71%), Fiber: 1.66g (6.65%), Folate: 24.01µg (6%), Vitamin B2: 0.1mg (5.74%), Calcium: 53.97mg (5.4%), Magnesium: 18.75mg (4.69%), Vitamin A: 229.1IU (4.58%), Zinc: 0.69mg (4.58%), Vitamin B5: 0.41mg (4.06%), Iron: 0.63mg (3.48%), Potassium: 116.02mg (3.31%), Vitamin B3: 0.6mg (3%), Vitamin B6: 0.05mg (2.69%), Vitamin E: 0.39mg (2.59%), Vitamin B12: 0.13µg (2.19%), Vitamin D: 0.23µg (1.52%)